

# WALTHAM COMMUNITY HEALTH FAIR

**IT'S FREE!**

Wednesday, August 14, 2013

9:00 AM - Noon

Joseph M. Smith Community Health  
Center Parking Lot  
564 Main St., Waltham



## JOIN US FOR A MORNING OF FUN:

- Activities for Kids
- Face Painting
- Healthy Eating Tips and Snacks
- Walk around Waltham Common\*
- Sign Up for FREE Back To School Day Celebration\*\*
- Health Screenings - Blood Pressure, Cholesterol, Glucose



**We're celebrating National Health Center Week!**

**Come learn about how to keep your family healthy!**



### **\*Take a walk around the Waltham**

**Common** with the Waltham Land Trust. We will leave the Health Center parking lot at 10:00 AM and walk down the street to the common.

### **\*\*Special offer for Waltham families -**

Register for FREE Back to School Celebration at TD Bank Garden to be held August 20. Must show ID and Mass Health Card to register. Kids 5-17 can enjoy free day of activities at TD Bank Garden on August 20. Every kid gets back pack of school supplies. We will register families at the health fair so please stop by!



Joseph M. Smith  
Community Health Center



Joseph M. Smith Community Health Center, 564 Main St., Waltham MA. <http://www.jmschc.org>.  
For more information contact Francisca Guevara, Community Outreach Director, at 617-208-1562.