

# North Plainfield

## Health & Wellness Information Expo!!!

This is a **FREE** event for all ages

**Date:** September 21, 2011

**Venue:** North Plainfield Library, 6 Rockview Avenue,

**Time:** 5:00 p.m. to 6:30 p.m.

### Exhibitors :

- Somerset County Department Of Health
- Somerset County Office on Aging & Disability Services
- EmPower Somerset

Wide range of information will be available—Examples include:

- *nutrition,*
- *cancer awareness,*
- *emergency preparedness and*
- *other health and wellness programs available for free through the participating agencies.*

The event will offer something for the entire family with activity booklets for kids on hand healthy habits, and preparing for emergencies

**All members of the community are encouraged to be there!!**

