



NEW YORK STATE SENATOR

Jack M. Martins

Senator Jack Martins' Health and Wellness Fair

Jack M. Martins

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Flu Shots Will Be Given, Valuable Health Screenings Also Scheduled

Senator Jack M. Martins will be sponsoring a Health and Wellness Fair for all residents of the Seventh Senate District on Saturday, October 20, from 1-4 p.m. at Carle Place High School, located at 168 Cherry Lane. Multiple organizations have agreed to participate and, together with Senator Martins' office, will provide valuable services to the community.

"We are now well into fall and heading into the winter months. It's the perfect time to get a flu shot to protect yourself for the season, pick up valuable information and take advantage of all the screenings that will be provided. There will also be information about getting the proper exercise," Senator Martins said. "I want to thank the numerous organizations for partnering with my office for this valuable community service."

The Senator Jack M. Martins Health and Wellness Fair will include:

- Flu Shots sponsored by Senator Martins and CVS
- New York State Reflexology Association
- North Shore LIJ Imaging
- Regina Restivo Yoga Class (2-2:45pm) – Beginners Welcome
- Pulse of NY – Pharmacists will review your RX's, over-the-counters and vitamins
- KID FIT – child health and fitness classes (1:30pm and 3pm)

- Mental Health Association of Nassau
- Icla da Silva Foundation – get on the registry for bone marrow donations
- Reiki Oasis – reiki demonstrations (2-3pm)
- Center for Tobacco Control North Shore LIJ
- Long Island Crisis Center
- Adelphi Breast Cancer Hotline & Support Program
- Long Island Alzheimer's Foundation
- Long Island Council on Alcoholism and Drug Dependence
- Adelphi School of Nursing – blood and glucose checks, height and weight measurements
- New York College of Traditional Chinese Medicine
- Long Island Cares – Mobile outreach to hand out fresh produce
- Winthrop-University Hospital – Asthma screenings
- Levittown Health Center of NY Chiropractic College – Posture/spinal screenings
- Kicking 4 Celiac Foundation
- Nassau Sports Care Physical Therapy

All services are free of charge. For the flu shots, if you have health insurance, bring your insurance information. There will be no out of pocket cost.