

# Free Health Screenings

## Free Healthy Snacks



**What:** Lighthouse Guild Wellness Fair

**When:** Sunday, October 21, 2018, 12 – 3pm

**Where:** Lighthouse Guild, 2nd floor  
80 West End Ave. (at the corner of 63rd St.), NYC

Learn about Lighthouse Guild vision and health services, here in your neighborhood!

### FREE Health Screenings:

- Vision
- Glucose (sugar) levels
- Blood pressure

### Speak with Healthcare Experts:

- Diabetes and nutrition
- Managing stress, anxiety & insomnia
- Aging and vision

### Hands-on Workshops:

- Smart phones, tablets & assistive technology
- Cooking healthy meals & recipes
- Meditation

Special remarks by the Manhattan Borough President **Gale Brewer**

**Raffle prizes, Give-aways & opportunities for Health Bucks**

**RSVP:** Email [communityevents@lighthouseguild.org](mailto:communityevents@lighthouseguild.org)  
or call **212-769-7893**

In partnership with the  
Manhattan Borough  
President **Gale Brewer**



**Lighthouse  
Guild**