



**100% Free**  
and open to  
the public

# Healthy Heart, Healthy Lungs

**Sunday, March 1, 2026 | 12 p.m. to 3p.m.**

St. John's Community Baptist Church, 1066 Bergen Street, Newark, NJ 07112

### Health Screenings

- Blood Pressure and Heart Rate Screenings
- Oxygen Saturation
- Health Assessment
- Educational Panels

### Community Benefits

- SNAP Benefits
- Community Nutrition Services
- Cardiac Rehab Services

Community health awareness is more than knowledge, it's empowerment. When we share information, support one another, and take proactive steps toward wellness, we build a foundation for a stronger, healthier future for all.

### Prevention-Intervention-Cure

Together, we strengthen every heartbeat and every breath.

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