

Holy Name Community Health Series

Sun & Heat Precautions

Learn how to stay healthy during the warm months.
Dehydration, heat stroke, and sunburn precautions will be
discussed.

**Age-Friendly Teaneck Community Room 1425
Teaneck Road**

Parking is available at the municipal lot at 1391 Teaneck Rd, entrance near
Beveridge St.

Thursday, July 24th, 11 am to 12 pm

Presentation to be led by John A. Masso,
MSN, APN, ANP-BC, RN. who is a
Community Outreach Nurse for Holy
Name Community Health



**Space is Limited
Please RSVP**

Call 201-530-6756 or email info@agefriendlyteaneck.org with
"Heat & Sun precautions" in Subject Line.

