POWER TO PREVENT!
CHRONIC DISEASE

POWER UP YOUR HEALTH!

Join Nassau County Department of Health's Power to Prevent Health Lecture Series and discover practical ways to lower your risk for chronic disease. Earn a stamp at every workshop and unlock special rewards along the way. Attend six sessions to achieve Health Hero status and receive an exclusive prize!



HOW MUCH FOOD IN A DAY

April 10, 2026
9:15am – 10:00am
40 Main St
Hempstead, NY 11550

EARN PRIZES FOR ATTENDING HEALTH WORKSHOPS!

HOW IT WORKS

1. Attend any Power to Prevent workshop.
2. Get your Power-Up Card stamped.
3. Level up to Health Hero status!

Rewards available while supplies last. Brands and models may vary.





BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE