



## Get moving

*Toward an active, fulfilling lifestyle*

### Community Health Fair

Friday, May 10 | 9:00 am – noon

Perquimans County Recreation Center | 310 Granby Street, Hertford

Join Vidant Chowan Hospital and the Perquimans County Senior Center for valuable health screenings, information, healthy snacks and giveaways at a health fair designed for you. Enjoy exercise demonstrations and educational mini-sessions with local providers. Check out free massages, a cooking demonstration, 30-minute guided meditation sessions and a chance to win a Fitbit.

Free screenings include blood pressure, blood sugar, cholesterol and bone density.

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For more information, call 252-482-6242.

[VidantHealth.com](http://VidantHealth.com)

