



## SPRING HEALTH EVENT

**Wednesday, April 23<sup>rd</sup>**

**2 pm - 5 pm**

**75 Park Street**

**Elizabethtown, NY**

**Thursday, April 24<sup>th</sup>**

**2 pm - 5 pm**

**101 Adirondack Drive**

**Ticonderoga, NY**

Cholesterol Check & A1C • EKGs • Smoking Cessation  
Diabetes Education • Importance of Exercise  
Vitals (Height, Weight, BMI & Blood Pressure)

**FREE AND OPEN TO THE PUBLIC**

**No Appointment Necessary**

**Call (518) 585-3761 for more information.**



[UVMHealth.org/ECH](http://UVMHealth.org/ECH)

THE  
University of Vermont  
HEALTH NETWORK

Elizabethtown Community Hospital