



Heart and Lung Center

**FREE
EVENT!**

Celebrate Women's Heart Month at Deborah's 13th Annual

Women's Health EXPO

Saturday, February 3, 2024

A Pampering Day of Health & Wellness in Celebration of Women & Heart Month!

**10:00 a.m. - 2:00 p.m. at The Clarion
815 Route 37 West, Toms River, NJ 08755**

Wellness Activities/Community Health Resources



*Chair Massages
by NJ School
of Massage*



*Cooking Demo by the
Culinary Arts Students at
Ocean County College*



*Chair Yoga with Robin
Fulton, YTT 200, Former
Owner, Yoga in the Pines*



*Photo Booth by
Priceless Photo Video*



*Narcan Demo & Free
Narcan Kits from Ocean
County Health
Department*

Free Health Screenings

- Blood Pressure/Oxygen Saturation Levels
- Body Mass Index
- Sleep Apnea
- Blood Sugar (*must fast for 4 hours before screening*)
- One-on-one with a Deborah physician

Plus...

- Special Gift for the First 200 Visitors
- Designer Handbag Prize Drawing
- Lots of Health & Wellness Info

And...

- Vendors, vendors, vendors...
Shop Till You Drop!