



INDEPENDENT HEALTH FOUNDATION'S

Good for the Neighb♥rhood®

PLEASE JOIN US:

Thursday, July 31st, 2025

Time 3:30–5PM

Martin Rd. Elementary School

135 Martin Rd.

Lackawanna, NY 14218

All are welcome!

Talk **one-on-one** with experts on the
following topics:

- Healthy Living
- Behavioral Health
- Medications & Alternatives

FREE School Supplies (with children present)

FREE Produce Bag with Recipe

FREE Healthy Options Snacks

FREE Smoothie Samples

FREE Raffles and Prize

While supplies last!

Kids Activities Available!

Sponsored by:

