



INDEPENDENT HEALTH FOUNDATION'S

Good for the Neighb♥rhood.®

PLEASE JOIN US:

Thursday, March 13, 2025

Time 5–6:30pm

Doris W. Jones Family Resource Building

3001 9th St.

Niagara Falls, NY 14305

All are welcome!

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

- Healthy Living
- Behavioral Health
- Colorectal Cancer
- Medications & Alternatives

FREE Hygiene Items (soap, toilet paper, shampoo, &
deodorant)

FREE Produce Bag with Recipe

FREE Healthy Options Snacks

FREE Raffles and Prize

While supplies last!

Kids Activities Available!

Winter Safety Kits Available From



National Fuel®



JOHN R. OISHEI
Children's Hospital

For more information email foundation@independenthealth.com