



INDEPENDENT HEALTH FOUNDATION'S

# Good for the Neighb♥rhood®

PLEASE JOIN US:

Thursday, October 2nd, 2025

Time 5:30–7pm

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
- Colorectal Cancer

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**Blood Pressure Screenings Provided by ECMC:**

**Population  
Health** 

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**FREE**

**Hygiene Bags**

**Produce Bag with Recipe**

**Vaccines including Flu**

(please bring insurance card if you have one)

**Food Samples**

**Raffles and Prize**

**While supplies last!**

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For more information email [foundation@independenthealth.com](mailto:foundation@independenthealth.com)