

Belleville Public Schools – Family & Community Health, Wellness and Safety Fair

Saturday, March 25, 10:00 a.m. to 2:00 p.m.

Belleville High School

Student Cafeteria

100 Passaic Avenue, Belleville, NJ

Celebrate National Nutrition Month with Clara Maass Medical Center health experts at Belleville High School. The fun-filled health fair is open to the public and will feature a variety of vendors from the community. The Clara Maass Medical Center booth will offer free blood pressure and glucose screenings, and will provide other services and sessions:

- ❖ Have your nutrition questions answered. Get tips on how to pack a health lunch box. During the Ask the Dietitian Session.
- ❖ Attend Healing the Hurt, an educational session led by a Domestic Violence expert who will answer questions including, “What can you do about verbal, physical and emotional abuse?” and “How can you cope or help someone heal from abusive behaviors?”
- ❖ **Am I Raising a Technology Zombie?** During this century, exposure to technology at an early age is almost unavoidable. A Certified Child Life Specialist from Clara Maass Medical Center will discuss various topics related to Child Development and their involvement with technology, and answer questions like “What amount of technology is appropriate for my child?”; “How can you protect your children from online predators?”; and “What are some more positive ways to use technology to interact with your child?”