



Healthy From Head to Toe: **A FREE Hofstra Health Fair**

Presented by the
Gitenstein Institute for Health Law and Policy at Hofstra Law
 and the
Master of Public Health Program at Hofstra University

Sunday, April 6, 2014 | 9 a.m.-3 p.m.

UnitedHealthcare Offices | 250 Fulton Avenue | Hempstead, NY 11550

This **FREE Health Fair** will teach you how to keep yourself, your baby and your entire family healthy from head to toe. Enjoy a day of kids' activities, cooking demonstrations, health screenings, information sessions and more:

Child Care

- Breast-Feeding
- Car Seat Safety
- Child Care Services
- First-Time Pregnant Moms
- Labor and Delivery Coaching
- Safe Sense for Babies

Health Care Enrollment

- Enrolling in the Online Marketplace

**Healthy Eating/
 Lifestyle**

- Exercising
- Healthy Cooking
- Nutrition
- SNAP Program
- WIC Program

Legal Rights

- Abuse
- Breast Feeding
- Health Care
- Teen Dating

Self-Care

- Affordable Care Act
- Breast Cancer Awareness
- Hospital Readiness
- OB-GYN Resources
- Pediatric Care Resources
- Pregnancy
- Referrals to Free or Low-Cost Mammograms for the Uninsured and Undocumented

Medical Screenings

- Blood Pressure
- BMI
- Cholesterol
- Diabetes
- HIV
- STD
- STI

Mental Health Care

- Anxiety Disorder
- Perinatal Mood Disorder
- Postpartum Depression

Enter a free raffle to win prizes that will help keep you and your children safe, healthy and happy.



For more information, contact  **516-463-7361** or  **Gitenstein@hofstra.edu**.

A special "thank you" to the Slomo and Cindy Silvan Foundation for their generous support of our project.