

PUBLIC HEALTH WEEK

# HEALTH FAIR

Sudbury Health Department



Join us as we launch Public Health Week with an exciting Health Fair!

**Tuesday, April 8, 2025**

Fairbanks Community Center  
10:00am to 2:00pm

Enjoy a Day of Wellness! Please Sign-Up for the Following Sessions:

## Free Vision Appointments



20/20 Onsite will be providing comprehensive eye exams. Please use the link below to sign up for your free eye exam!

**8:00 AM to 3:00PM**  
[Sign-Up Here](#)

## Chair Massages 10 Minute Sessions



Treat yourself to a relaxing 10-minute chair massage — perfect for easing stress, soothing sore muscles, and promoting wellness!

**10:00 AM to 2:00PM**  
[Sign-Up Here](#)

## Yoga & Meditation Session



Join us for a 30-minute yoga session—perfect for all levels to stretch, relax, and recharge your wellness!

**10:30 AM to 11:00AM**  
[Sign-Up Here](#)

Also enjoy free health screenings, expert advice from a dietician, local resource tables and fitbit raffle prizes!



The Food Pantry will also be collecting food items during the health fair - the food items most needed are:

- Cereal
- Tomato Sauce
- Baking (cake & brownie mix)
- Meals (potatoes, stuffing, taco kits, canned pasta, canned chili)
- Pasta
- Boxed rice (Near East / Rice A Roni)