

BAGELS & BLOOD PRESSURE DECEMBER 12 10 AM-12 PM

FREE

Grab some free grub, get your blood pressure reading, and some health info.

A collaborative effort by:
Old Forge Volunteer Ambulance Corps
Old Forge Library - LivingADK
Herkimer County Public Health - MVHS
Community Wellness Partners
*and other local health and wellness
services & agencies*

**Have a seat, some breakfast & a chat at the
Old Forge Volunteer Ambulance Corps
(formally the Muffin Patch @ Spring Street)**