

# BAGELS & BLOOD PRESSURE NOVEMBER 14 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)