

SOUTH PLAINFIELD MAYOR'S WELLNESS COMMITTEE

COMMUNITY HEALTH FAIR

Saturday, November 1, 2025

11 AM - 2 PM

Putnam Park (Putnam Ave, South Plainfield, NJ)

Sponsored by
**Hackensack
Meridian
Health**

- Free screenings for blood pressure, cholesterol, glucose, stroke risk, body mass index (BMI), pulse (fasting not required)
- Discuss recycling and health effects of contaminated hazards with Kristina Nieradka
- Discuss vulnerable populations and Ready-Set-Go Police and Fire safety with Tom Walsh
- Presentation by Police Sergeant McCoid with canine officer at 12 PM under the pavilion
- Financial Wellbeing Coach available to discuss the effects of financial stress on health
- Hosting a community baby shower to help residents in need of diapers, wipes, and formula: donations can be dropped off at the Health Fair, where families in need can pick them up

Please contact for more information: Debbie Boyle: bdmmp209@aol.com • Scott Carey: dscarey15@gmail.com