



City of Meriden Health Department: Keeping You Healthy In March!

Upcoming Events

Healthy Eating 101 Refresher

March 15, 2010

6:00-7:00pm

Meriden Library, 105 Miller Street

Call 203-630-4238 to RSVP. Free!

As part of the spring Monday Night Refresher series, this program will review easy ways to reduce calorie intake while still enjoying your favorite foods and how to become more

“mindful” of the food we eat. Attendees will receive free nutrition guides and healthy snacks will be served.



Did you know.....

...our Clinic office offers a wide variety of services to the Meriden community?

These services include:

- Screenings - blood pressure, total cholesterol and blood sugar (please call for cost)
- Adult and child immunizations
- Bicycle helmets for a nominal cost
- And more!

Call the office at 203-630-4234 for more information!

National Women and Girls HIV/AIDS Awareness Day - March 10, 2010

This day serves to encourage women and girls to come together to offer support, encourage discussion, and educate themselves about prevention, the importance of getting tested, and how to lead a normal, healthy life despite being infected. The Meriden Health Department HIV/AIDS program offers confidential testing, counseling, and education services with a bilingual counselor. Call (203) 630-4176 to schedule an appointment.



Flu Shots Available

Flu season isn't over yet! Both H1N1 and seasonal flu vaccines are available. Vaccines are given at the Health Department; seasonal is in limited supply. Please call our Clinic at 203-630-4234 for information on eligibility and cost.



Please visit www.meridenhealth.com for a complete list of upcoming events and timely public health news!



Meriden Department of Health and Human Services
165 Miller Street * 203-630-4221