



# FAMILY HEALTH FESTIVAL

— SMALL STEPS TO A HEALTHIER COMMUNITY —

## Are you ready for Winter?

SOME AVAILABLE RESOURCES:

- Information on programs to help pay your power bill
- FREE flu shots for 6 months & older, while supplies last
- FREE fluoride varnish for children up to 18 years old



**Wednesday, Oct. 16, 2019**  
3:30pm - 6:30pm



**North Valleys High School, Main Gym**  
1470 E Golden Valley Rd, Reno, NV 89506  
Bus Route: 7



**FREE health services, physical activities, food resources and more provided for the whole family!**

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In Partnership with Truckee Meadows Healthy Communities  
A service brought to you by:

WASHOE COUNTY  
HEALTH DISTRICT  
ENHANCING QUALITY OF LIFE

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FOOD BANK  
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HEALTH

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—HEALTHY WASHOE—

United Way  
United Way of Northern Nevada and the Sierra

More information: [rlavoie@washoecounty.us](mailto:rlavoie@washoecounty.us) • 775-328-2404 • [uwanns.org/FHF](http://uwanns.org/FHF)



# FESTIVAL FAMILIAR DE LA SALUD

— PEQUEÑOS PASOS PARA UNA COMUNIDAD MÁS SALUDABLE —

## ¿Estas listo para el invierno?

ALGUNOS RECURSOS DISPONIBLES:

- Información sobre programas de ayuda para pagar su factura de energía
- Vacunas contra la gripe GRATUITAS para mayores de 6 meses, hasta agotar existencias

\* Aplicación de barniz de flúor GRATUITO para niños hasta 18 años



**Miércoles 16 de oct. de 2019**  
**3:30pm - 6:30pm**



**North Valleys High School, Main Gym**  
**1470 E Golden Valley Rd, Reno, NV 89506**  
**Ruta de Autobús: 7**



**¡Servicios GRATIS de salud, actividades físicas, ayuda de alimentos y más para toda la familia!**

Patrocinado por



En asociación con Truckee Meadows Healthy Communities.  
Un servicio traído a usted por:

WASHOE COUNTY  
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