



In Collaboration With **The Glades Initiative**

# **Healthy Food Distribution & Know Your Numbers Screening and Educational Event**

Join us for a day of health, wellness, and support! Enjoy free healthy food distribution and learn your vital health numbers with tips to stay well. Let's nourish our bodies and build a healthier community-together!

## **Free Health Screenings!**

- Diabetes Risk Check
- A1c Test (3-month blood sugar average)
- Cholesterol and Triglycerides Test (No fasting needed!)
- Blood Pressure, Weight, and BMI
- Rapid HIV Testing
- Circulation Check (for artery problems)
- Stroke Risk Assessment Screening
- Info and Help in English, Spanish, and Haitian-Creole

**December 10, 2025**

10am-1pm

**The Glades Initiative**

**149 SE Ave D, Belle Glade, FL 33430**

### **PARTNERING ORGANIZATIONS:**



### **MORE INFORMATION:**

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