



In Collaboration With

Pahokee Housing Authority

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
- ✓ Circulation Check (for artery problems)
- ✓ Stroke Risk Assessment Screening
- ✓ Info and Help in English, Spanish, and Haitian-Creole

September 30, 2025

11am-2pm

Padgett Island

899 Padgett Circle, Pahokee, FL 33476

PARTNERING ORGANIZATIONS:



MORE INFORMATION:

Empower Healthcare

info@empowerhealthcare4all.org

(561) 867-7850

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