

JOIN US
FOR THE INAUGURAL

Primary Healthcare Awareness Day



**FREE
EVENT**



SATURDAY



April 5, 2025

9:00 AM – 3:30 PM

John Gray High School

SPECIAL GUESTS

Healthcare experts and professionals ready to provide valuable advice and support



WHAT TO EXPECT

- Free **health screenings** (Blood Pressure, Cholesterol and Glucose, BMI)
- Educational **workshops** on preventive healthcare and chronic disease management
- Fun activities like **Zumba & fitness demonstrations**, plus simple at-home exercise routines
- Immunizations **and more!**

WHY ATTEND

- Gain insights into **managing your health**
- Access vital healthcare **resources**
- Connect with your community for a healthier tomorrow



HSA
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Primary Healthcare Awareness Day

Services Available through Primary Healthcare

- **General Practice**
Physician consultations and follow-ups
- **Pediatrics**
Health services and care for children and adolescents.
- **Gynecology**
Women's health services, including reproductive health and preventive care.
- **Nutrition Services**
Dietary guidance and nutrition counseling for individuals and families.
- **Home Care**
Supportive healthcare services provided in the comfort of patients' homes.
- **Immunizations**
Vaccinations for adults and children.
- **Dental Services**
Preventive and basic dental care.
- **HIV and STI Services**
Testing, treatment, and education for sexually transmitted infections, including HIV.
- **Genetic Support and Counseling**
Guidance for families with genetic conditions or concerns.
- **Communicable Disease Investigation and Surveillance** -
Monitoring and controlling the spread of infectious diseases.
- **School Health Services**
Health screenings, immunizations, and wellness programs in schools.
- **Diabetes Education**
Management and prevention education for individuals with or at risk of diabetes.
- **Outreach Services**
Health Screenings: Blood pressure, cholesterol, diabetes, etc.
- **Health Education and Promotion**
Health Education, workshops and community mobilization and engagement to raise health awareness.
- **Pharmacy Services**
Access to medications and counseling on their proper use.
- **Maternal and Child Health**
Prenatal, postnatal, and infant care.
- **Travel Health Services**
Vaccinations, medications, and health advice for international travel.



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