



# DIGGERS, LOBSTERMEN AND CREW



The NEC is returning to Stonington

**SELFCARE IS IMPORTANT FOR YOUR LONG TERM ABILITY TO  
PROVIDE FOR YOUR LOVED ONES**

Help us help you

## **IN THE WHEELHOUSE: A COMMERCIAL FISHING WELLNESS PROGRAM**

### **What's included**

- DIABETES CHECK
- CHOLESTEROL CHECK
- BLOOD PRESSURE
- PHYSICAL EXAM
- 'HEALTH SCORE CARD' TO TAKE HOME
- AND MORE



**NORTHEAST  
CENTER**  
FOR OCCUPATIONAL  
HEALTH AND SAFETY

### **When and Where**

**APRIL 29TH -  
MAY 3RD**

**ISLAND  
COMMUNITY  
CENTER**

**GET A \$50 GIFT CARD FOR PARTICIPATION**

Please call/text Kim Gertz  
at 607-788-0514 for more  
information or to schedule  
an appointment

