

PREVENTIVE CARE & SLEEP WELLNESS CLINIC: IN-PERSON EVENT

In Collaboration with
WellFort Community Health Services



WellFort
Community Health Services

Thursday, June 18, 2026 | 10:00 a.m. – 1:00 p.m.

Join us for a vibrant, community-focused event blending health, wellness, and Caribbean rhythm! Explore interactive stations, enjoy energizing Socacize, and learn ways to manage your health.

Preventive Care

- Free one-on-one health conversation with a Prevention Specialist from WellFort Community Health Services
- Understand your health risks, screening tests and next steps

Presentation on Sleep Hygiene

- Explore simple yet effective habits, routines and lifestyle tweaks that support restful sleep and better overall health and wellbeing

Ask the Expert

- Consult with a Registered Nurse and Registered Dietitian to help keep your blood pressure in check

Community Info & Giveaways

- Visit our table for resources, support and free goodies!

Soca + Exercise = Socacize!

- Move to the rhythm of Socacize and energize your day!



Eligibility – Permanent Residents and Convention Refugees

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