

Caring for the community event

# Keeping Fit and Healthy Throughout the Year

Learn some simple tips on how to live a healthier lifestyle. Hear from medical expert, Dr. Mattimoe, about how sleep, nutrition, physical activity and other habits can impact your health.

**Wednesday,  
February 28  
9:00 am**

To register, email:  
[lenorepaprocky@yahoo.com](mailto:lenorepaprocky@yahoo.com)

Space is limited.



**Derek Noel  
Mattimoe, MD**  
Family Medicine

## **Ambulatory & Urgent Care at Centereach**

2112 Middle Country Road

- Arrive at 8:45 am
- Breakfast will be provided
- Giveaways
- Tours of the facility



Centereach ★ Selden ★ Lake Grove ★ Surrounding Communities

