



# Perris Health Fair & Cooking Demo

## Day of Action

**LIVE UNITED**

### Health Screenings and Cooking Demos!

NCHS Perris Health Center will be providing on site blood pressure screenings, information about services and insurance enrollment assistance. The City of Perris- Live Well Perris! will also be there to share information about their community garden, nutrition program, and provide fresh produce to the attendees. Riverside Community Diabetes Collaborative will be hosting a Healthy Cooking class by a registered dietitian with a recipe to take home.

**North County Health Services**

**Wednesday, June 21st**

**1675 N. Perris Blvd., Perris**

**8 a.m. - noon**

**Sign up [www.uwiv.org/DayofAction](http://www.uwiv.org/DayofAction)**



United Way  
of the Inland Valleys