

PRESENTED BY:

Westchester County &
Greater Hudson Valley
The Links Inc.



Community Wellness Expo

All are welcome – a **FREE** opportunity to advance your health!

SPONSORED BY:



Montefiore | New Rochelle



Saturday, March 21, 2026
10 a.m. – 4 p.m.
Boys & Girls Club of New Rochelle

Remington Clubhouse, 1 Remington Place, New Rochelle, N.Y. 10801

**Pre-registration requested,
but walk-ins welcome.**

Register by
scanning the
QR code!

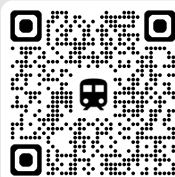


HOW TO GET HERE:

Bee-Line 7 bus runs
along Lincoln Avenue,
a few minutes' walk
down Prince Street
to the Club. **Scan for
maps and schedules:**



Metro-North New
Rochelle train station
(Bee-Line 7 runs from
the train station and
along Lincoln Avenue)
Scan for schedules:



CircuitNR provides
free transportation.

Scan to reserve:



Fun Experiences for Adults & Children

- Children's fun zone
- Cooking demonstrations
- Exercise activities
- Music and entertainment
- Special guests and performances

Additional On-Site Activities

- CPR demonstrations
- Health screenings and workshops
- Vision, blood pressure and diabetes screenings
- Mammograms
- Children's oral health information
- Estate/Financial workshops
- Chronic kidney disease education
- Eldercare/Medicare workshops
- Voter registration

FREE Refreshments

**Bring the family and
friends!** *It's free!*

Parking is available in a garage behind the Remington Clubhouse.