



# Going on Vacation? Don't Forget Your Health

## A free educational talk on taking care of your health when traveling



- What health topics should you keep in mind before traveling?
- What vaccines might you need before traveling?
- Water and food safety abroad
- How to travel with medicines and prescriptions
- Medical care away from home

**Presenter:** Yudelka Garcia, NP  
Instructor in Nursing  
Columbia University Medical Center

**Date:** Thursday, June 22, 2017

**Time:** 5:30PM – 7:00PM

**Location:** Columbia Community Partnership for Health  
390 Fort Washington Avenue, Ground Floor  
New York, NY 10033

- ➔ A free event open to all
- ➔ The talk will be in English and Spanish
- ➔ Refreshments will be served



To RSVP call:  
(646) 697-2274