

Darienite

News for Darien

<https://darienite.com>

Health Fair at Darien Y on Wednesday, Oct 24, Organized by Stamford Hospital

Author : David Gurliacci

Categories : [Darien YMCA](#), [Healthy Living](#)

Tagged as : [Health Fairs 2018](#), [Stamford Hospital 2018](#)

Date : October 17, 2018

The Darien YMCA will have a health fair organized by Stamford Hospital in the Y's lobby on Wednesday, Oct. 24, from 9 a.m. to 1 p.m.

Featured at the event:

- Free blood pressure screenings
- Hand hygiene education
- Skin analysis
- Biodot/stress management tips
- Chair massages by a Darien Y's Massage Therapist
- Q & A about exercise and sports injury prevention with a Stamford Hospital Physical Therapist

Darienite

News for Darien

<https://darienite.com>

—an announcement from the Darien YMCA at [2420 Post Road](#)
