

THE SUDBURY
BOARD OF HEALTH PRESENTS

HEALTH FAIR

Join us as we launch public health week with an exciting health fair!

Thursday, April 9, 2026

Fairbank Community Center
40 Fairbank Road
10:00am to 2:00pm

Sudbury
Health Department



Enjoy a Day of Wellness! Please Sign-Up for the Following Sessions:

Free Vision Appointments



20/20 Onsite will be providing comprehensive eye exams. Please use the link below to sign up for your free eye exam!

8:00 AM to 3:00PM
[Sign-Up Here](#)

Chair Massages



Treat yourself to a relaxing 10-minute chair massage - perfect for easing stress, soothing sore muscles, and promoting wellness!

10:00 AM to 2:00PM
[Sign-Up Here](#)

Yoga & Meditation Session



Join us for a 30-minute yoga session—perfect for all levels to recharge your wellness!

1:00 PM to 1:30PM
[Sign-Up Here](#)

Community Safety & Response Training

Join us for a 30-minute Community Safety and Response training. by the Sudbury Fire Dept. You will learn more about how to respond in the event of an emergency and when to call 9-1-1.

12-12:30PM and 1-1:30PM
[Sign-Up Here](#)

Also enjoy free health screenings, local resource tables, prizes!



The Sudbury Food Pantry will also be collecting food items during the health fair - the food items most needed are:

- Cereal
- Tomato sauce
- Baking (cake & brownie mix)
- Snacks (full size cookies and crackers)
- Canned chili and beef stew
- Boxed potatoes
- Boxed rice (Near East / Rice-A-Roni)

Event transportation available: contact senior@sudbury.ma.us or socialworker@sudbury.ma.us