

Join Us for a FREE Community Health Event

His and Her Health Matters



9:00 a.m. to 12:00 p.m.

Did you know that African Americans are impacted by cancer at higher rates?

Join us for a special presentation by Riverside Health at 9 a.m. to learn about screenings and improving your health... because it matters...to you, your loved ones and to our community.

Detecting cancer early is important.

Riverside Charlie W. & Golden
Bethune Hill Community Health Clinic
727 25th Street, Newport News, VA 23607



FREE Prostate Cancer Screening

A blood draw and digital rectal exam to detect prostate cancer.

Breast Cancer Awareness Information

Breast cancer can happen to anyone, even young women. Empower yourself with information for early detection. Team members will be onsite to assist with scheduling mammograms. If you are uninsured or unable to afford a mammogram, we have options for support.

FREE Blood Pressure Check

Blood pressure is checked for overall health, because high blood pressure is a risk factor for heart attack and stroke and low blood pressure may lead to falls, heart problems and stroke.

FREE Body Mass Index (BMI) Assessment

A calculation that estimates body fat to assess risk of diabetes, heart attack and stroke.

FREE Diabetes Check

An A1C blood draw to diagnose and monitor diabetes and prediabetes.

Lung Cancer Awareness Information

Did you know that you can screen for lung cancer if you are between the ages of 50 and 80 and have a 20-pack year history of smoking? Team members will be onsite with information on Low Dose CT screening (LDCT).



To learn more, visit riversideonline.com/hisandherhealthmatters.