

# FIGHT LEAD POISONING WITH A HEALTHY DIET

**THURSDAY  
MARCH 23  
12 PM - 4 PM**

**Burlington County  
Health Department  
15 Pioneer Boulevard,  
Westampton, NJ**

**Walk-ins welcome or register online:**

[https://www.signupgenius.com/go/Lead3\\_24\\_23](https://www.signupgenius.com/go/Lead3_24_23)

*Join us!*

- Nutrition education at the top of each hour
- Free finger-stick blood lead screening (instant results)
  - ages 1 to 6 years
- Consumer lead analyzer to test household items for lead
- Giveaways

Lead is toxic, especially in young children. When lead is breathed in or swallowed, it can effect the brain & nervous system.

Eating a healthy diet including three key nutrients - vitamin C, calcium and iron - may help limit how lead gets into your body.

Lead can be found in common household items such as lead-based paint, water pipes, antiques, ethnic spices, jewelry, toys, makeup, cookware, and traditional home remedies. Is lead hiding in your home?

For more information or questions please call 609-265-5548

