

Working on Wellness

Health Fair

**Tuesday, September 24 • 10:00 AM to 1:00 PM
in the Christie Lobby**



Heart Health

- ◆ Cardiac Education
- ◆ Free Cholesterol Screening
(1st Come, 1st Served)



Diabetic Education

- ◆ Free Diabetic Screening
- ◆ Diabetes Information
- ◆ Plant-based Diet Information



EMS Students

- ◆ Free Blood Pressure Checks

Healthy Living

- ◆ Free Body Mass Index (BMI) Reading
- ◆ Walking Logs
- ◆ Exercise Program with Free Pedometers

Healthy Eating

- ◆ Healthy Food Choices
- ◆ Sign Up for Free Crockpot & Recipe Book Giveaway



- ◆ Learn about Weight Watchers 360° Program

Come Work on Wellness with us!

