

Get Ready to Spring Into Better Health!

Shady Grove Adventist Hospital's 5th Annual Spring Health Screening and Education Event

Sunday, April 3, 2011 • 1-4 p.m.

Free Health Screenings

Learn about your own heart and vascular health by participating in free screenings that will include:

- Ankle Brachial Index*
- Pulmonary Function Test
- Carbon Monoxide
- Body Composition and Body Mass Index
- Waist to Hip Ratio
- Blood Pressure
- Step Test
- Grip Strength and Flexibility
- Osteoporosis
- Medication Evaluation (please bring a list of all medications to this event)

**Space for Ankle Brachial Index screening is limited. Please pre-register by calling 1-800-542-5096.*

Free Health "Chats"

Learn about heart and vascular health conditions and how you can improve your own health through a series of free health "chats" with local experts.

- 1:30 Diabetes Basics:** Learn the signs, symptoms and risk factors for diabetes
- 2:30 Diabetes and Peripheral Vascular Disease:** Learn how these two health conditions are related and how they can put your overall health at risk
- 3:30 High Blood Pressure and Vascular Disease:** Learn how and why high blood pressure is a sign of peripheral and vascular diseases and how you can prevent these serious health conditions

**All Attendees Will Be Eligible
To Win An Apple I-Pad!**



**Shady Grove
Adventist Hospital**

A Member of Adventist HealthCare

www.ShadyGroveAdventistHospital.com

