

BOONE MEMORIAL HEALTH **COMMUNITY** **— WELLNESS DAY —**

FRIDAY, OCTOBER 9
BOONE MEMORIAL HOSPITAL

Main Hospital Campus

8:00AM - 2:00PM

Registration Begins at 7:45AM

FREE BLOOD WORK

- CBC (Complete Blood Count)
- CMP (Comprehensive Metabolic Panel)
with Lipids II (*12-14 hours fasting for lipids*)
- PSA (Prostate Specific Antigen)
- TSH (Thyroid Stimulating Hormone)
- Hgb A1c (Hemoglobin A1c)
- Testosterone Blood Test

FREE FLU SHOTS

Insurance is not required. However, if you have insurance please bring your card with you.

MAMMOGRAM SIGN UPS & BREAST CANCER EDUCATION

Register for a future appointment & receive a special gift

HEALTH SESSIONS

WELLNESS WISDOM BY BMH MEDICAL PROVIDERS

Earn an extra chance to win for every session you attend!

WALK WITH A DOC

Take a short walk around the hospital campus.
Led by BMH Chief Medical Officer, Amy Sayre, MD.

FREE FOOD & AMAZING PRIZES

TVs, iPods, Gift Cards, Smart Watches & More

LIVE COOKING DEMONSTRATIONS

Enjoy healthy food samples & recipe cards

ENTERTAINMENT & VENDORS

Vendor registration is online at bmh.org/events

HEARING SCREENINGS

