

Health Screenings!

Free Give-Aways!

Snacks for All!

Don't Be A Slouch, Get Off The Couch!

Join us at the

Family Health & Wellness Fair

Presented by the District 100 Wellness Committee



Thursday, March 25th
5 p.m. – 8 p.m. at

Heritage Middle School
6850 31st Street, Berwyn



**Bring the whole family and
enjoy the fun with
representatives from...**

- Alpha Pain & Wellness Center
- American Diabetes Association
- American Cancer Society
- ARAMARK
- AARP
- Berwyn Fire Department
- Berwyn Health Department
- Berwyn Police Department
- Cardinal Fitness
- CEDA/Berwyn
- CCDPH
- Corazón Community Services
- Heart Care Centers of Illinois
- Illinois Poison Center
- MacNeal Hospital
- Mujeres Latinas en Acción
- Pav YMCA
- River Edge Hospital
- University of IL Extension

**Featuring
For the first time,
The HMS Dance CREW
Don't Forget Your
Camera!**



**Healthy Concessions
Available for
Purchase**

**For more info
call:**

MacNeal Hospital
708-783-3800 or
Leslie Hodes
708-749-6110.

**Get helpful
information about...**

- Nutrition & Exercise
- Cancer, Diabetes, Stroke, Heart Health, Hypertension
- Asthma
- Hand Hygiene & MRSA
- Orthopedic Health
- Mental Health Services
- Women's Health
- HIV/STDs
- American Cancer Society programs & services
- Smoking Cessation
- Dental Hygiene
- Domestic Violence
- Fire Safety
- First Aid

Free Health Screenings...

- Diabetes (preferably done 2 hours or more after last meal)
- Total Cholesterol
- Blood Pressure
- Body Mass Index

Our health fair is meant to acquaint you with the many resources in our community. The information provided here is intended for educational purposes only and is not intended to be prescriptive, or to replace the care of a qualified health care professional in the diagnosis and treatment of illness. We appreciate the participation of agencies but cannot endorse any services represented here today.