

OUR LADY OF LORETTO'S 1ST ANNUAL HEALTH FAIR

WHEN: MAY 17, 2009 10:00AM-2:00PM

WHERE: BERRY RYAN HALL

MEET & GREET VARIOUS HEALTH PROFESSIONALS

- REPRESENTATIVES FROM VISITING PHYSICIANS ASSOCIATION
- PHARMACIST
- PODIATRIST
- NURSES
- EXERCISE AND NUTRITIONAL CONSULTANTS



*******GAMES*******

FREE HEALTH SCREENINGS AVAILABLE

- BLOOD PRESSURE
- CAROTID ARTERY/STROKE
- BODY MASS
- BONE DENSITY
- BLOOD GLUCOSE



*******HEALTHY SNACKS*******

BRING YOUR MEDICATIONS/SUPPLEMENTS (IN A BROWN BAG)

- FIND OUT HOW YOUR MEDICATION WORKS FOR YOU
- HOW HERBAL SUPPLEMENTS INTERACT WITH YOU PRESCRIPTION MEDICATION



INFORMATION REGARDING:

- HOW TO CREATE AND MAINTAIN YOUR OWN PERSONAL HEALTH RECORD
- CHILDHOOD IMMUNIZATIONS
- BABY SITTING CLASSES
- **AND MUCH MORE**

