

Healthy Living Expo

**FREE Health Screenings,
Presentations and Demonstrations**

Wed., Sept. 28 • 2 to 6 pm at AVH

HEALTH SCREENINGS

2 to 4 pm: Appointments Needed

4 to 6 pm: Walk-ins Welcome

- ABI (Ankle Brachial Index) Vascular Study
- Advance Directives (Living Will/Power of Attorney/Notary Public)
- Brown Bag (prescriptions review) Clinic
- Chair Massage (\$1.00/minute)
- Cholesterol and Blood Sugar Combo Screening
- Diabetes Consultation (NEW)
- Hearing Screening
- Occupational and Physical Therapy Assessment
- Osmosis Foot Reflexology Session (NEW)
- Pulmonary Function Test
- Varicose Vein Consultation (NEW)

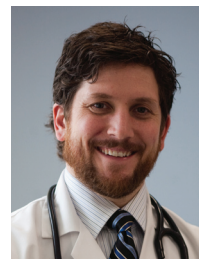
NO APPOINTMENT NECESSARY

- Blood Pressure Check
- Carbon Monoxide Safety/Smoke Detector Safety (NEW)
- Abdominal Aorta Screening (to detect aortic aneurysms) (NEW)
- Flexibility and Balance Demonstrations Using Magnetic Energy (NEW)
- Healthy, Quick Snacking Alternatives (NEW)
- Oxygen Saturation Check
- Posture Assessment
- Sleep Evaluation

For a screening appointment,
please call AVH at 326-5607.

NEW Health Presentations by:
Dr. Daniel van Buren, Cardiologist

3 pm: “Coronary Artery Disease”
4 pm: “Atrial Fibrillation”



These 30-minute presentations will be followed by a 15-minute Q&A session.

NEW Varicose Vein Consultation by: Dr. Stephanie Allen Lilly, General Surgeon



(10-minute appointments available from 2 to 4 pm only)

**Health Resource/Info Center
Door Prize Drawing
50/50 Raffle**

ALL AGES WELCOME!

FMI: Please call 326-5607.

Healthy Living Expo is sponsored
by AVH with the support
of the Moose Valley Wellness Team.