

Family Health & Fitness Day



Something for all ages!

Saturday, September 24
9am-2pm
Hermiston High School

FREE EVENT!

FREE health & wellness event for people of all ages featuring health screenings, activities, demonstrations and workshops.

- Blood Pressure Checks
 - Colorectal Cancer Screening Kits
 - Vision/Hearing Examinations
 - Dental Screenings
 - BMI & Body Composition Analysis
 - Mental Health and Addiction Services
 - File of Life
 - Cholesterol Checks (8-10 Hour Fast)
 - Blood Glucose Level
- SHIBA (Medicare), Oregon Health Plan, Veterans Information
 - Health-related Classes & Activities (Cooking Classes, Exercise, Etc)
 - Teddy Bear Clinic
 - Children's Developmental Screenings
 - Community Resource Referrals
 - Tobacco Cessation
 - Car Seat Clinic
 - Alcohol Addiction Resources

For more information: Good Shepherd Education Department:
541-667-3509 or healthinfo@gshealth.org



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