

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

