

YOUR HEALTH YOUR FAIR!

A free health & wellness fair for the Alexandria community



Saturday, October 25

10 a.m. - 1 p.m.

Calvin Perry Community Center
8236 West Main Street
Alexandria, KY 41001

Brought to you by
The City of Alexandria
& The Christ Hospital Health Network

INCLUDED IN THIS FREE EVENT:

Screenings & Wellness

- **FLU SHOTS***
- Grip Strength Test
- Balance and Fall Prevention
- Body Mass Index (BMI)
- Blood Sugar Testing

Activities & Demonstrations

- Heart Attack Simulator
- How to Use an Automated External Defibrillator (AED)
- Bike Safety Course for Kids
- Car Seat Safety Checks
- Ambulance and Fire Truck "Tours"
- Door Prizes
- Canned Food Drive – Bring Your Donation!

Information

- Drug-Free Community
- Wound and Ostomy Care
- Heart Disease and Heart Failure Support Groups

* While supplies last. Must be 12 years or older.

For more information, call
513-263-1421
TheChristHospital.com

