



The City of Aurora and UH Bedford Medical Center present:

A FREE Aurora Family Wellness Day

Saturday, April 10, 2010

10 a.m. – 4 p.m.

Walker Building *(second building west of Fire Station #1)*

129 W. Pioneer Trail

Bring the entire family for a day of fun and wellness activities.

Health Screenings:

- Total cholesterol
- Blood pressure
- Pulse check and blood oxygen levels
- Strength/grip testing
- Memory screens
- Swallow screenings
- Glucose
- Body Mass Index (BMI)
- Vision/hearing screenings
- Balance and posture assessments
- Heart and lung listens

Information Booths:

- Ask the Physician
- Nutrition Consultations
- Exercise Demonstrations
- Ask the Speech Therapist – learn the milestones you should watch for in your child's speech development

For the Young and the Young at Heart:

- Face painting
- Balloon animals
- Magic tricks

You will take home lots of valuable information to help you make this year, and every year, a happy, healthy one.

Reservations are not necessary and there is no cost for any of the services provided. We look forward to seeing you there.

