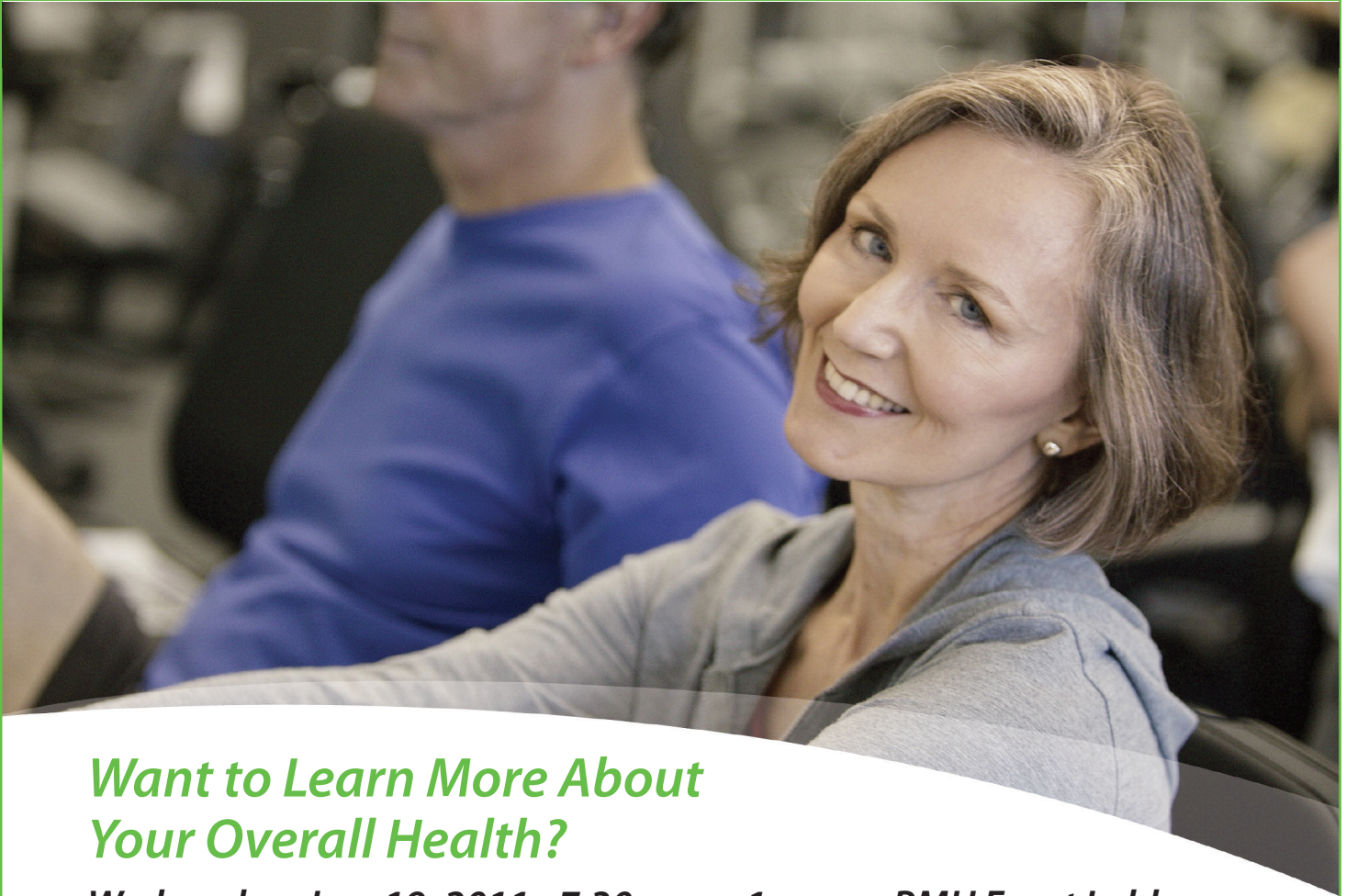


COMMUNITY HEALTH AND WELLNESS FAIR



Want to Learn More About Your Overall Health?

Wednesday, Jan. 19, 2011 • 7:30 a.m. - 1 p.m. • BMH Front Lobby

Seasonal Flu Shot

Cost: \$20

Bone Density Screening

Cost: \$25

"Just for Me" Mammogram Program

Cost: Free

For women 40 and older who have never had a mammogram.

Blood Pressure and Body Mass Index

Cost: Free

Education Booths

Cost: Free

Diabetes, osteoporosis, skin cancer screening, home safety tips, signs and symptoms of stroke and chest pain, Legs for Life, car safety

Cardiac Screening

Cost: \$20

Must be fasting for 12 hours.

Test Includes:

- Total Cholesterol
- HDL Cholesterol
- Triglycerides
- Glucose
- Ratio TC/HD

For all screenings, call Carilion Clinic to make an appointment at 540-266-6000.



1613 Oakwood St. • Bedford, VA 24523
540-586-2441 • www.bmhva.com