

# Spring Into Health & Wellness!

## 2017 Shelby County Health & Awareness Fair

Saturday, April 29, 2017  
9 a.m. - Noon

Sidney-Shelby County YMCA  
300 E. Parkwood St., Sidney



### FREE Health Screenings:

- Osteoporosis
- Blood Pressure
- Body Mass Index
- Cataract & Glaucoma Screening
- Neurological Stress Test
- Flexibility Screening
- Foot & Ankle Screening
- Hearing Screening
- Glucose Screening
- Body Composition Screening
- Posture Screening
- Balance Testing

### PAID Health Screening:

- Lipid Profile & Glucose (\$10)  
No eating or drinking for 12 hours  
prior to test. You may drink water.

### Health Information:

- Cardiac Care
- Home Care & Hospice
- Sleep Disorders
- Advanced Directives
- Diabetes
- .....and MORE!

*Light Refreshments Available!*

### Sponsored by:



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Senior Center  
of Sidney-Shelby County