

Door Prizes * Speakers * Health & Fitness * Wellness Screenings

Health & Wellness Day



Friday, January 15
8:30 am - 1:00 pm

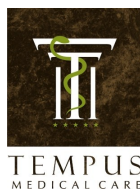
Hosted by:



Join us and discover the path to wellness with demonstrations, presentations and information to help you live your best, healthiest life! This event will feature important wellness screenings, health and fitness demonstrations and more.

<u>Screening/Service</u>	<u>Cost</u>
Muscle Imbalance Screening	Free
Pulse Ox, measures oxygen in blood	Free
Glucose Screening	Free
Blood Pressure	Free
Skin cancer screenings	Free
H1N1 and Seasonal Flu Shots	Free with Medicare Part B

A special thanks to the following:



For Your Good Health!

- ✓ Presentations about prevention, wellness and health & nutrition.
- ✓ Health and wellness vendors will be on site offering advice and information
- ✓ Refreshments and door prizes throughout the day

Participate in our Presentations:

9:00 a.m. - VITAS - The benefits of Hospice

9:45 a.m. - Ingrid Swales - Facial Rejuvenation

10:30 a.m. - Yoga Demonstration - Presented by
Cross Training Fitness

11:15 a.m. - Central Florida Regional Hospital - "What to expect
when you are admitted to the hospital"

12:00 p.m. - Delia Bloise - Nutri-Options. "New Year, New You"

For more information call (407) 732-5800



1021 Royal Gardens Circle
Lake Mary, Florida 32746
www.OakmonteVillage.com