

Speakers



Lots of Health and Wellness Information & Services



Snacks and Recipes



Give Aways & Other Prizes



Big Door Prizes Every Half Hour!



CLAY COUNTY HOSPITAL Health & Wellness EXPO

Get Your Healthy On!



August 13, 2016 9:00am Until Noon!

@Flora Elementary School 445 Emory Street Flora, IL 62839

| TIME  | SPEAKER             | PRESENTATION  |
|-------|---------------------|---|
| 9:00  | Lois Dishman-Cooper | Menopause/Signs/Symptoms and Treatments                         |
| 9:30  | Jeanne Holdren      | The New Post Traumatic Stress Disorder                          |
| 10:00 | Ken Lane            | Wellness Without the use of Mood Altering Substances            |
| 10:30 | Carrie Nussmeyer    | How to Prevent & Treat Arthritis Pain With Nutritional Medicine |
| 11:00 | Dr. Jerabek         | Healthy Aging/Osteoporosis                                      |
| 11:30 | Jason Perry         | Where do we go from here? An inside look at a 911 call.         |

Blood tests are cash or check only! You will be buying a voucher and signing up for the blood draw at a specified date, time and place at one of our four clinics located in Flora, Louisville, Cisne and Clay City!

Blood test voucher types and discount price offered...

- Health Fair Panel (CBC, CMP, Fasting Lipid Profile) \$35 (12 hour fasting required for the above test, water only permitted)
- Hemoglobin A1C (Diabetic Monitor) \$25
- TSH (Thyroid Stimulating Hormone) \$30
- PSA (Prostate Specific Antigen) \$30
- Vitamin D Level \$40

The blood draw must be completed before August 27, 2016 by 10:00 am.

Kid Fit and Fun Zone!

|       |                                      |
|-------|--------------------------------------|
| 9:00  | 4:031 Fit Kids                       |
| 9:30  | Make your own draw string back packs |
| 10:00 | 4:031 Fit Kids                       |
| 10:30 | Make your own dinosaur soap          |
| 11:00 | Music & Games                        |
| 11:30 | Make your own First Aide Kit         |

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