

Sanford Vermillion Medical Center

# COMMUNITY HEALTH & WELLNESS FAIR

## SCREENINGS:

- Free blood pressure checks
- Free body fat/body mass index analysis
- Free Dermascan™ Skin Damage Screening
- Free Glucose (blood sugar)
- Osteoporosis Screen (Heel Ultrasound)
- Free Lung/Breathing Test
- Free Oral Cancer Screen
- Free Vision Screen
- Free Hearing Screen
- Cholesterol – Total/HDL \$15
- PSA Blood Screen \$20

## VENDOR BOOTHS AND INFORMATION DISPLAYS

- Diabetes Awareness
- Financial Literacy
- Fitness/Body Mechanics
- Nutrition
- Local and Area Vendors
- Massage

## And Much, Much More . . .

- 911 Simulator
- Children's Fun Room ~ Supervised
- StarBurst the Clown!
- Firearm safety information
- Winter Survival Kit display
- Blood Drive – Community Blood Bank Mobile Unit

## DOOR PRIZE DRAWINGS AND GIVEAWAYS

*In collaboration with the University of South  
Dakota Health Professions program students*

**SATURDAY,  
February 6, 2010**  
**9 a.m. – 1 p.m.**

**11 a.m. Healthy Cooking Demo**

**- WIN DURING COOKING DEMO -  
Rachael Ray: 10-piece Cookware Set**

 the university of south dakota.

**Lee Medicine Building  
Corner of Dakota and Clark Streets**

**Win a Wii Station  
and Wii Fit Program!**

Participants must  
qualify for the drawing

## KNOW YOUR NUMBERS

