



Below 100, Above 200, One Hundred twenty over 80

Do you know what these numbers mean? They are the ideal levels for your glucose, cholesterol and blood pressure. Learning about these three key numbers can help prevent heart disease and diabetes.

Join us for the 9 Health Fair to Get Your Numbers

SATURDAY APRIL 20, 2013

7:00am to 11:00am



**Meeker
Elementary
School**

201 Ute. Rd. Meeker, CO

- The 9 Health Fair is a community partnership with 9 Health Fair, Rio Blanco Fire Protection District, Pioneers Medical Center and the Meeker Lion's Club.
- Free and low-cost health screenings, along with educational health information, are available at the Fairfield Center from 7:00a.m. to 11:00a.m.
- 9Health Fair participants can access free screenings such as finger stick glucose, skin, vision, blood pressure, breast, and more. An optional screening is a blood cell count that measures four components: white blood count, hemoglobin concentration, hematocrit value, and platelet count.
- **Drink lots of water** the evening before and the morning of the 9 Health Fair. Also, remember not to eat any food or drink anything, other than water, for 12 hours before the 9 Health Fair."

BASIC SCREENINGS

- Blood Chemistry Screening (Blood Draw Costs \$30)
- Blood Cell Count (Cost \$15)
- PSA (Men Only) (Cost \$25)
- Colon Cancer Screening Kit (Cost \$20)
- Vitamin D 25-Hydroxy Screening (Cost \$40-Blood Draw)
- Height/Weight/Body Mass Index
- Vision
- Pulse and Blood Pressure Screening

*Payments for these services may be made by
check written to the 9Health Fair.*



970-878-5047