

Things to Remember

- Do not eat 12 hours before having blood drawn
- Diabetics should not fast
- Drink plenty of water before having blood drawn
- Continue taking prescribed medications
- Must be 18 years of age or older to participate
- Please bring your used eye-glasses to share the gift of sight.


Questions?

Call the Wellington
Recreation Office at
970-568-7410




Thank You to Our Local 2009 Major Sponsors:

- Town of Wellington
Recreation Department
- Wellington Community
Church
- Main Street Market
- Wellington Ace
Hardware
- The Chocolate Rose
- Wellington Lions Club



**Wellington
Health Fair**



**Saturday,
April 18th, 2009**

7:00-11:00 am
**Wellington Community
Church**
8445 3rd Street
Wellington, CO 80549



Screenings Available

Blood Chemistry -

Get a baseline check on your overall health with this screening. Having baseline information on your cholesterol, blood glucose, liver, kidneys, and more. These screenings can help you and your doctor monitor your health and prevent health issues from becoming emergencies. Information from this screening can also be used to complete you employers' Health Risk Assessments (HRA).

Cost: \$30.00

Blood Cell Count - This screening gives you a general picture of your overall health by checking you white blood cells, hematocrit, hemoglobin levels, and blood-clotting abilities. Your body's ability to fight infection, anemia, liver disease and certain cancers can be discovered with this screening.

Cost: \$15.00

PSA (Prostatic Specific Antigen, Men Only) - For men 40 and older, this screening checks for prostate cancer and looks for other prostate gland-related issues.

Cost: \$25.00

Colon Cancer Kit and Education - This is a take home/mail in kit that checks for human blood in the stool. Also, learn about preventing colorectal cancer, one of the most preventable cancers, and why you should get a colonoscopy.

Cost: \$20.00

Blood Pressure & Pulse - This screening checks your blood pressure. High Blood pressure can lead to stroke, Heart attack, heart failure or kidney failure. Your pulse is checked to determine heart regularity and rate.

Cost: FREE

Vision - This screening checks how well you see at near and far distances by reading letters on a chart. If you already wear glasses or contacts you should wear them during this screening.

Cost: FREE

Height, Weight, BMI - Learn if you are overweight, underweight or average weight with this screening. You are at risk for stroke, heart disease and other illnesses if you are over weight or obese. You are at risk for osteoporosis , bone fractures and other illnesses if you are abnormally underweight.

Cost: FREE

Talk with a Health Professional - This screening lets you ask your local doctors and nurses any question you want about you health and discuss any health issue concerning you or your family.

Cost: FREE

Ask a Pharmacist - Discuss over the counter and/or prescribed medication and/or vitamin interactions, vaccinations, osteoporosis & heart problems, medication safety, pharmacy services, smoking cessation and more with you local pharmacist.

Cost: FREE

Eye Health - Talk with an eye doctor about eye problems such as near or far sightedness, diabetic eye disease, age-related macular degeneration (AMD), Cataracts and Glaucoma.

Cost: FREE

Lung Function - Find out if you have breathing issues such as asthma, Chronic Obstructive Pulmonary Disease (COPD) and pulmonary fibrosis with this screening. It measures the amount and/or speed of air that can be inhaled and exhaled.

Cost: FREE

Oral/Dental - This screening looks for tooth and gum disease and oral cancer by checking the inside of the mouth for sores and lesions.

Cost: FREE

Pulse Oximetry - Check the amount of oxygen in your blood with this screening. An Oximeter can detect low blood oxygen before symptoms occur which can lead to lung and heart problems.

Cost: FREE

Other Stations and Screeners maybe present!

**Cash and Check Only
Please!**