



# **“Know Your Numbers” Visit The Health Fair!**

**Saturday, August 7, 2010  
10:00AM – 12:00PM  
*Chesapeake Room***

- \*Blood Pressure Check**
- \*Stroke awareness information**
- \*Glucose Readings**
- \*BMI**
- \*Information on Portion control**
- \*Questions answered by a Physician**
- \*Nutritionist**
- \*Registered Nurses (JHH)**

***Please take advantage of this free service!***