

# YOU ARE WANTED



## 2010

# HIP'S HEALTHY HOEDOWN

Tues, Feb 23	9am-12pm	SFHC/5 <sup>th</sup> Floor Conference Rooms
Wed, Feb 24	2-4:30pm	SFMC/Conference Rooms 1-3
Thurs, Feb 25	8:30am-12pm	SFMC/Conference Rooms 1-3
Wed, March 3	2-6pm	PH/E-Tower Aerobics Room
Thurs, March 4	8am-12pm	PH/E-Tower Aerobics Room
Fri, March 5	9am- 12pm	PH/E-Tower Aerobics Room

### The health screenings will include:

Blood pressure checks, cholesterol/ HDL/glucose lab BMI, neck/back massages, carpal tunnel evaluations, osteoporosis heel scan, pulmonary function, hearing, vision and more! Info will be available on smoking cessation, ask a dietitian and cancer prevention.

### *There will be food, prizes, and contests!*

Prize donations from: AHA, Bird Dog BBQ, Brevity, Colorado Institute of Massage Therapy, Crowne Plaza Hotel, Java Mountain, Promotional Products LLC, and Stagecoach Inn.

### Saddle Up and Register to Participate in the screening:

Please go to [www.healthcalc.net/penrose](http://www.healthcalc.net/penrose) log in and go to "HIIP Classes" to sign up or call 776-7494.

\*\*Walk-ins permitted after the first 2 hours of the screenings



## YEEHAW! DUST OFF THAT SADDLE & BOOTS!