



YOU ARE WANTED!

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 labs, BMI, neck/back massages, carpal tunnel evaluations, osteoporosis heel scan, pulmonary function, hearing, vision and more! Information will be available about smoking cessation and cancer prevention. You can even ask a Dietitian those burning nutrition questions!

There will be food, prizes, and contests!

You have the chance to win gift certificates to Bird Dog BBQ, Ted's Montana Grill, Texas Roadhouse, Outback, Stagecoach Inn, or Java Mountain, massages from the Colorado Institute of Massage Therapy, Family Four Packs to Serenity Springs Wildlife Sanctuary, Pikes Peak or Bust Rodeo tickets, fitness gear from Fitness Systems, pedometers, BBQ tool sets, gifts from the American Heart Association, a VISA gift card, or an overnight stay at the Crown Plaza Hotel or The Marriott. **THE BIG GRAND PRIZE IS A PAL DAY OFF! YEEHAW!**

Saddle Up and Register to Participate in the screening:

Registration is **HIGHLY RECOMMENDED**. Please go to www.healthcalc.net/penrose log in and go to "HIIP Classes" to register for a specific time slot or call 776-7494.

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



**YEEHAW!
Dust off Your
saddle & Boots!**