

# Spring into Wellness

## Alaska Regional Hospital Family Health Fair

Saturday, April 12

8:00 a.m. – 12:00 p.m.

Alaska Regional Main Lobby

No RSVP necessary. For more information:  
264-1113, [audry.patrick@hcahealthcare.com](mailto:audry.patrick@hcahealthcare.com),  
or [alaskaregional.com](http://alaskaregional.com)

Health and wellness education, demonstrations, seminars and activities for the whole family, including men, women, expecting mothers, infants and children—this is just part of the line up during our FREE annual, spring Family Fair. See you there!

### Free screenings

To help detect potential health issues, free blood tests\* for adults 18 & over will be offered, including lipid panel, blood sugar, and HbA1c. Don't forget to check your blood pressure while at the fair!

\*Fast 12 hours prior, except for water. Medications should be taken.

### Health seminars

Attend any of the free mini-seminars in the Ivy Rooms that will address men's and women's health issues.

### Activities & exhibits

- DaVinci Surgical Robot demonstration
- Free Pertussis Tdap vaccination (restrictions apply)
- Chair massage
- Tours of the new Kids Care (Pediatric) Unit
- Bike safety
- Exercise & activity
- Demonstration by Champ Martial Arts
- The Alaska Club, Happy Bottoms Diaper Service, Enroll Alaska
- And much more!



### DR. KID

Kids can pose for photos in an Alaska Regional physician cut-out.

### FISH ON!

Save \$5 on licenses through the Alaska Department of Fish & Game. Not valid on king salmon stamps.

### LEARN HANDS-ONLY CPR

Depending on the circumstances, cardiac arrest can happen to anyone of any age at any time. Join us for free hands-only CPR training on adults and infants (multiple sessions throughout the fair). Please note: No certification is given for this training.

