

FAMILY HEALTH FAIR

Spring into Wellness at Alaska Regional Hospital
Saturday, April 16 • 8 a.m. – Noon • Main Lobby

Come to our FREE Family Fair featuring healthcare education, demonstrations, giveaways, mini seminars and activities for everyone in the family! No RSVP necessary. For more information: 264-1113 or alaskaregional.com

Free Screenings - NO fasting required!

To help detect risk factors and health issues, **LAB WORK** for adults 18 & over will be offered, including Lipid Panel (Total Cholesterol, HDL, LDL, Triglycerides) and HbA1c (average blood sugar). No fasting - sleep in and have your coffee.

- **Blood Pressure & Pulse**
- **BMI (Body Mass Index) & Waist Circumference**
- **TUG (Timed Up and Go) Test**

Alaska Regional Services

It's a brand new day at Alaska Regional! Experience the way finding monitor in the lobby, visit our pet therapy dogs, share your questions with staff from our heart, orthopedics, or cancer care units, and check out the king size beds and renovations on a tour of our Family Birth Center.

Activities

Fish on! **Save \$5 on Licenses** from the Alaska Department of Fish & Game (not valid on king salmon stamps). Relax with a **Chair Massage**. Taste a new twist on salad at the **Coleslaw Food Demo**. **Get on the Ball** – literally - and learn how to use a stability ball.

Exhibitors

American Cancer Society • Body Renew • Life Alaska Mended Hearts • Diabetes Education & Prevention Control Program (State of Alaska) • Comprehensive Cancer Control Program (State of Alaska)

Kids Corner - Just for Kids!

- Learn all about **Bike Safety**.
- Aspiring doctors can pose with **Dr. Kid**.
- Explore the **"Bag of Bugs."**
- Learn from the **Play Every Day** booth about the importance of physical activity and hidden sugar in drinks.
- Meet camp counselors from **The Dome's KidsKlub Summer Program**, focusing on sports, fitness and teamwork.
- Check out **The Alaska Club's Summer Fun Camp** and fitness programs for the family.



www.alaskaregional.com
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