



HEART HEALTHY HEALTH FAIR

In recognition of
American Heart Month,
UPMC Northwest is
pleased to offer a free
community health fair.

Friday, Feb. 22, 2019
8 a.m. to noon

UPMC Northwest

Courtyard Conference Room
100 Fairfield Drive
Seneca, PA 16346

Registration is required by Friday, Feb. 8.

First come, first served.

To register or for more information,
call **814-677-1463** or **1-800-422-8888**.

All screenings are free and will include:

- Blood pressure
- Stroke risk assessment
- Cholesterol (includes HDL, calculated LDL, triglycerides)*
- Blood glucose and A1C screening*
- Osteoporosis
- Body Fat Analysis

** 12-hour fast is required*

Free educational information will include:

- Nutrition
- Heart Health
- Exercise
- Diabetes

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