

# FEBRUARY IS HEART HEALTH MONTH



## Heart Health Screening & Community Health Check

**Tuesday, February 6, 2018**

**Noon - 3 p.m.**

**Southeastern Idaho Public Health  
1901 Alvin Ricken Dr., Pocatello**

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### **FREE Services Include:**

- A1c Testing (if applicable)
- Cholesterol Testing (non-fasting)
- Blood Pressure Checks
- Nutritional Counseling
- Personal Fitness Assessments
- Medication Review
- Oral Health Screenings
- Self Management Strategies
- Stress Management Techniques
- Stroke Education
- Smoking Cessation
- Resources to Community Services

**For More Information,** Call Traci Lambson 478.6316