



Southeastern Idaho Public Health

For Immediate Release
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Free “Love Yourself Healthy” Event To Be Offered in Pocatello

POCATELLO, IDAHO – Celebrate the month of February by “loving yourself healthy.” Learn to love yourself enough to do ALL that you can to maintain a healthy lifestyle - a lifestyle that encompasses more than healthy food choices and physical activity options - a lifestyle that makes time for yourself by getting necessary health screenings at the appropriate times.

Southeastern Idaho Public Health and Idaho State University are proud to host a February “Love Yourself Healthy” event. Attend this FREE Walk-In community health screening event that will be held on Tuesday, February 12th from 3-6 p.m. at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive in Pocatello. Screenings and services will include: Blood Glucose Testing, A1c Testing (if applicable), Cholesterol Testing (non-fasting), Foot Checks, Medication Review, Stress Management Techniques, Blood Pressure Checks & Heart Health Information, Flu Shots, Oral Cancer Screenings, Nutritional Counseling & Healthy Eating Tips, Men’s Health Topics, Pre-Diabetes & Diabetes Resources, Mammography Services, Fitness Assessment & Exercise Education, Vision & Hearing Screenings, Mental Health Assessments, Skin Cancer Assessments & Sun Safety Information, Colorectal Cancer Support Services, Smoking Cessation Counseling and Nicotine Replacement Therapy Assistance, and Additional Resources to Community Services. For more information about the event, contact Traci Lambson at 208-478-6316 or visit www.siphidaho.org.

Attend this event and spread the word about strategies for loving yourself healthy and encourage people to live active, fulfilling lives.