



HEALTH FAIR!

**SAT, FEB 7
8AM-1PM
CENTRAL VENUE
29 E CARPENTER ST, ATHENS**

WHAT IS IT?

Raising awareness & education for prevention of common illnesses through healthy living.

Free health assessments for cholesterol*, blood sugar*, eye screenings and more



Information tables on a variety of topics including healthy living, eating, and dental care

Kid-friendly, interactive events, games, and group classes

*If you'd like a cholesterol or blood sugar screening, you must have nothing to eat or drink for 12 hours before the event, other than water. Light breakfast will be available after the screening.

A partnership of Central Avenue Church with the Ohio University HCOM Christian Medical Association, Diabetes Center, and Community Health Clinic.

Event & Presentation Schedule

Presentation/Class	Time
Exercise Class for Adults	9:00-9:20AM
 Relaxation Class	10:00-10:30AM
 Chair Yoga Class	10:45-11:15AM
★ Exercise Class for Kids	11:30-11:50AM
★ Healthy Cooking Demo for Kids	12:00-12:20PM
Healthy Cooking Demo for Adults	12:30-1:00PM

Topics & Times Subject to Change

★ Indicates Kid-Friendly Presentation



Provided by SRI YOGA STUDIO OF ATHENS
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