

# TREAT YOURSELF TO SOME "ME" TIME.



## Attend our **FREE Women's Health and Wellness Event**

If you're like most women, your busy schedule too often keeps you from addressing health concerns. So mark your calendar for our **FREE Women's Health and Wellness** event. From makeup demonstrations and FUNctional Fitness to health screenings and spa services, this no-cost event is designed for every type of woman—especially the type who could really use a Saturday morning to relax and take care of herself.

*ASL Interpreting Services will be available for the hearing impaired.*

### **WHEN**

Saturday, March 10  
8 a.m. to Noon

### **WHERE**

St. Vincent Medical Center Northeast  
13914 Southeastern Parkway  
Fishers (I-69 and SR 238)

### **INFORMATION**

Call 317-338-CARE (2273) or  
visit [northeast.stvincent.org](http://northeast.stvincent.org).

### **FREE HEALTH SCREENINGS**

- Blood Pressure
- Balance
- Sleep Disorders
- Depression
- BMI
- Diabetes\*
- Hearing\*
- Cholesterol\*
- Bone Density\*
- Pap\*

### **FREE ACTIVITIES**

- FUNctional Fitness
- Neck and Back Massages
- Skin Analysis
- Self-Breast Exam Instruction
- Fitting the Right Shoe
- Refreshments

\*Call 317-338-CARE (2273) to pre-register for these screenings.

