



St. Dominic's Health Fair:



Be Lucky! Get Healthy!



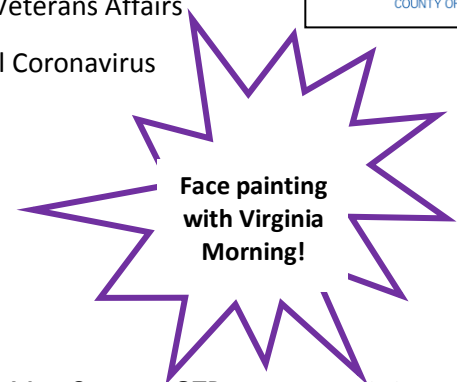
When: Saturday, March 7, 2020 from 8:30am to 2:30pm

Where: St. Dominic Catholic Church 2002 Merton Ave, Eagle Rock, CA 90042

St. Louise Resource Services van will be in the Parish Hall parking lot, other services in Parish Hall & speakers in St. Mark Room

What: **FREE Screenings, health information, speakers, giveaways, raffle, and light refreshments!**

- FREE, Diabetes, Cardiovascular, & Hypertension screenings by Adventist Health-Glendale
- FREE Blood sugar, Cholesterol, and Osteoporosis (bone density) screening by QueensCare (St. Dominic's Health Ministry will subsidize the \$10 supplies charge for these screenings)
- Health insurance enrollment information & giveaways (QueensCare, PBI Insurance, Stella Insurance, Care, & St. Louise Resource Services). **It is a new state requirement in 2020 to have insurance coverage!!**
- Foot Neuropathy screening by Dignity Health-Glendale Memorial's award-winning Wound Care Center
- **Vaccinations (Pneumonia, shingles, TDAP, flu): By appointment only 9am to 11am. Must have insurance checked. Call Vons Pharmacy at 323-254-7241 for insurance authorization and to make an appointment.**
- Stroke Screening and Education by USC Verdugo Hills Hospital Stroke Coordinator
- Safety Checks: FREE walker or cane fitting by an Occupational Therapist 8:30-11:15am; Strength Testing by YMCA; Balance Testing
- Senior health & wellness care: Solheim Lutheran Home, Angels HHA, Adventist Health-Glendale's Live Well Program, & USC Verdugo Hills' Stepping Stones Geropsych
- Veterans Benefits information: LA County Department of Military and Veterans Affairs
- LA County Department of Public Health Centers: Hands-free CPR, Novel Coronavirus
- American Heart Association and Alzheimer's Association
- NAMI, Northeast Mental Health Services
- Spin the Wheel of Health....and win!!
- Dr. Anthony Shapiro, Chiropractor



THREE Special Health Speakers (St. Mark Room)

10-10:45am "Exercise & Wellness for Those with Limited Mobility" Jennifer Mae Cooney, OTR Occupational Therapist

12-12:45pm "Healthful Eating Habits for a Healthful Life" (**Spanish and English**) Marina Pulido, MSN, RN Health Ministry

1:15-2pm "Guided Visualization: Relax & Refresh Our Busy Lifestyles" Jo McLaughlin *Mind-Body-Works* by JO

Refreshments provided by Light of Jesus Ministry

Thanks to Michelle at Curves® and parishioners for raffle donations

Thanks to the students (and instructors) from LA County College of Nursing & West Coast University