



Community Health Fair



Saturday, September 26, 2015
9 am - 1 pm

3700 Franklin Road Murfreesboro, TN 37128

FREE SERVICES:

- Health Screenings
- Body Composition Testing
- CPR Training
- Chair Massages
- Smoothie Samples



VENDORS INCLUDE:

- Mobile Health Unit (St. Thomas Health)
- Wellness Center at St. Thomas Rutherford Hospital
- Youth Public Health Educator (Rutherford County Health Department)
- Dietitian/Diabetes Educator
- Healthsource Chiropractic Progressive Rehab & Wellness
- Smoothie King
- H30 Aquatics
- Stones River Dermatology
- Rutherford County Fire Department (10 am - 12 pm)
- CPR Training



30-MINUTE SEMINARS:

10 am: "Managing Your Diabetes" with Angela Scrivens, RN, CDE

Diabetes is the 5th leading cause of death in America and affects nearly 21 millions Americans. Learn more about preventing and/or managing your diabetes through suggested lifestyle changes for a longer and better quality of life.

11 am: "Do You Have Sitting Disease?" with Tyrene Benjamin, Exercise Physiologist, cPT

Have you ever considered how much time you spend sitting each day? Did you know that sitting too much can negatively affect your health? Join us to learn more about being physically active and how to get started with an exercise program.



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For more info, visit www.franklinroad.net or call (615) 895-7955.