

F R E E C O M M U N I T Y E V E N T

PALMS OF PASADENA HOSPITAL

2ND ANNUAL HEALTH AND WELLNESS FAIR

THURSDAY, MARCH 24TH • 9 AM - 1 PM

Palms of Pasadena Hospital is committed to improving community health by providing prevention and wellness events like our 2nd Annual Health and Wellness Fair.

FEATURING THE MEGA HEART



Come experience the world's only portable, walk-through heart exhibit. The MEGA Heart provides a highly interactive educational experience about America's number one killer: heart disease. Visitors can step inside the human heart, learn about cardiovascular functions, observe examples of various types of heart disease, and learn about some of the latest medical treatments for heart problems.

SCREENINGS

Balance • Blood Pressure • Cholesterol / Glucose • Heart / Stroke Risk Assessment
Grip Strength / Adaptive Equipment • BMI / Fat and Water Composition

INFORMATIONAL BOOTHS

ER • Stroke • Heart Health (*AFIB, Early warning of heart attack*) • Outpatient Rehabilitation
Skin Cancer Education • Brown Bag Medication Checks • Orthopedic Services • Inpatient Rehabilitation Hospital
American Heart Association • Skin Integrity Education • Diabetic Foot Health Education
H2U - Social and Wellness Programs • Volunteering at Palms (*Pet Therapy*) • Billing Questions

EXHIBITS AND DEMONSTRATIONS

Healthy Cooking • CPR • Fire Extinguisher Safety • Fire and EMS Static Display • South Pasadena Fire Station 20
K-9 Dog Demonstration (10:30 am)

HEALTHY LUNCH INCLUDED

Vegetarian Chili, Summer Pasta Toss, Turkey Hot Dogs and Baked Chips

RSVP TO
1-855-245-8328



**Palms Of Pasadena
Hospital**

Compassion, Community, Commitment

1501 PASADENA AVENUE SOUTH • PALMSPASADENA.COM