



THE BODY & BEYOND

WHAT: The Body and Beyond Community Health Fair

WHEN: Saturday, March 17 from 9:30 a.m. to 2 p.m.

WHERE: Northeast Ohio Medical University
NEOMED Education and Wellness (NEW) Center
4209 St. Rt. 44, Rootstown, Ohio 44272

FREE Health Screenings:

**Cholesterol* • Blood Pressure • Blood Sugar • Body Mass Index • Glaucoma
• Heart Disease • HIV • Grip and Balance • Bone Density • Hepatitis C**

The American Medical Student Association and Student College of Clinical Pharmacy at Northeast Ohio Medical University (NEOMED) will be hosting The Body and Beyond Community Health Fair, open to Rootstown, Ravenna and surrounding areas.

This free program provides health screenings and prevention education about important issues, including heart disease, diabetes, cancer, mental health, nutrition and exercise and smoking cessation. The fair will also feature workshops on foot and ankle care, heart health and sleep.**

Ask a Doc:

A knowledgeable physician will be available to answer any health-related questions

Additional Features:

- kid-friendly activities
- health information booths
- prize giveaways throughout the day
- healthy food samples

All Body and Beyond visitors will have free admission to Sequoia Wellness and group exercise classes:

11:15 a.m. – Tai Chi • Noon – Yoga • 12:45 p.m. – Zumba

Visitors will also receive a complimentary one-week guest pass and a 75% discount on the enrollment.

For workshop details and general questions, contact Nikhil Nadler at nnadler@neomed.edu

**Cholesterol screenings are first-come, first-serve. **Workshops will begin at 10 a.m. and will run at 30-minute intervals.*

