



WELLNESS EXPO 2019

Improving the health and wellness of our community requires a collaborative effort from likeminded organizations working toward a common goal. That's why the YMCA, Capital Region Medical Center and St. Mary's Hospital are teaming up with the Jefferson City Chamber's Business and Lifestyle Expo. Our goal is to provide screenings and information to promote healthy living in Central Missouri.

DATE: Tuesday, October 8

TIME: 12:30–5:30 p.m.

**PLACE: Capitol Plaza Hotel
Lincoln Room**

COST: Free and Open to All

FREE health screenings will be offered, as well as flu shots for \$25.

- Blood Pressure
- Body Composition
- Dental
- Grip Strength
- Hands Only CPR
- Heart Rate
- Height/Weight
- Posture
- Pulse Oxygen
- Skin Cancer
- Sleep Apnea
- Vascular/Arterial
- Vision

• Flu Shots - \$25

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