



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Health & Wellness Fair



**Saturday, March 3**

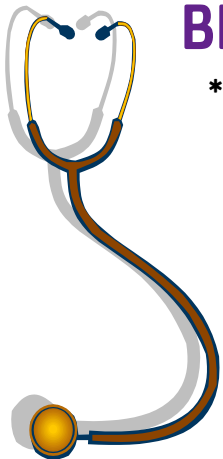
**7:30-10:00am**

**Auburn YMCA-WEIU**

**27 William Street, Auburn**

**315-253-5304**

## Free & Open to the public!



**Blood Cholesterol\* & Glucose Screening\***

\*Please do not eat or drink 12 hours before testing.

**Blood Pressure Screenings**

**10 Minute Chair Massages**

**Joint Integrity Testing** by: COAST Physical Therapy

Vendors and Health Care Professional will be on site.

**Refreshments**

**Sponsored by:**

**AMH Laboratory**

**Auburn YMCA Medical Advisory Committee**

**Cayuga Community Health Network**

