15TH ANNUAL FRANKFORT

wellness

SATURDA FEBRUARY 24

8:00 AM-11:00 AM

Founders Center, 140 Oak St. Downtown Frankfort

Raffle Prizes

FREE Health Screenings

5-minute Chair Massages

performed by 2 therapists

FREE Giveaways & Refreshments

FREE Health Screenings

- Blood Glucose (8-12 hrs. fasting optional)
- Blood Oxygen
- Blood Pressure
- Body Mass Index
- Bone Density (Osteoporosis)
- Pulmonary (Spirometry)
- Hepatitis C (for baby boomers)
- Injury Screenings (performed by **METT Therapy Services**)

Diabetes Awareness & Vision Screening Info

provided by the Frankfort **Lions Club**

Wellness Fair Education

- Heart and Vascular Institute
- EHAC: Early Heart Attack Care
- Advanced Heart Failure Center
- Comprehensive Cancer Institute
- The Latest Lung, Colon and **Breast Cancer Modalities** presented by Nurse Navigators Ann Cuvala and Terri Foelsch
- · Breast Health & Wellness Center
- International Travel Medicine Kanayo K. Odeluga, MD, Occupational Medicine Medical Director, Franciscan Working Well
- · Franciscan Physician Network
- Specialty Physicians of Illinois, LLC
- Franciscan Home Health Care
- Franciscan Health Diabetes Center
- Ask the Physician Tonja Austin, MD, Family Medicine Franciscan Physician Network Hakeem Jibawi, DO, Cardiac Electrophysiology Specialty Physicians of Illinois, LLC
- Rehabilitation Services
- Joint Program
- · Occupational, Physical and Sports Therapy
- VITAS Hospice Care

FREE Informational Seminars

Hands-Only CPR Class

presented by the Franciscan Health Chest Pain Center Committee

Heart Health Guidelines Class

presented by the SPI Advanced Heart Failure Clinic Care Team

REGISTER TODAY! CALL 1-866-790-2229 or visit Franciscan Health.org



Franciscan HEALTH

Olympia Fields · Chicago Heights









