

Open To All Ages!

3rd Annual OWLS Event

Want to be Older, Wiser, Living Stronger?

Then join us for...

**Free Screenings — Health Lectures —
Demonstrations — Give-Aways — and More!
on Wednesday, March 24, 2010**

from 8:30 a.m. — 12:30 p.m.

in the Robert C. Byrd Health Sciences Center

(behind the McCormack Center on City Hospital's Campus)

- 8:30 a.m. Event Registration — Screenings begin and Health Information Booths Open
9:00 a.m. Keynote Presentation — “Exercise and Healthy Aging” by Dr. Mark Cucuzzella
10:00 a.m. Breakout Lectures — “Cooking With Herbs/Spices” or “Coronary Artery Disease”
Demonstrations — Silver Sneakers or Yoga
11:00 a.m. Breakout Lectures — “Understanding Diabetes” or “Advanced Directives”
Demonstrations — Meditation or Qi Gong

FREE screenings include: Blood Pressure, Resting Heart Rate, Glucose, Body Mass Index, Pulse Oxygen, Hearing Screening by Molly Quattro/Gateway Ear, Nose and Throat and Skin Damage Screening by Dr. Robert Bowen/Center for Positive Aging.
FREE colorectal screening kits and breast teaching models will be available.
The Health Department will offer Pneumonia Vaccine at a nominal fee.

Information booths hosted by WVUH-East Home Health Care, The Wellness Center, Hospice of the Panhandle, American Cancer Society, Martinsburg-Berkeley Co. Parks & Recreation's Silver Sneakers, Berkeley County Health Department, Eastern Panhandle Medical Reserve Corp, and more!

This event has been made possible by:

