



Know your numbers

You can take action now for a healthier tomorrow just by learning more about your body.

Simple measurements, such as your **body mass index (BMI)**, **blood pressure**, and **cholesterol levels**, can give you vital information about changes you might need to make.

We'll be hosting an onsite screening where you can quickly and easily get your blood pressure, BMI, and cholesterol checked by licensed healthcare professionals.



So sign up now, show up for the screening—and start living a healthier, better-informed life.

Date:

Time:

Place:

To sign up: