



# Health & Wellness Day

Saturday, October 10, 2009  
7 am to 11 am  
Hacker Middle School  
550 E. Jackson

Thanks to all our Participating businesses and donors for helping to make the 2009 Health & Wellness day a great success.

## Participating Organizations:

- Center for Community Health
  - Mountain Home Lions Club
  - Idaho RADAR
  - Dr. Jared Scott—Dermatologist
  - Mountain Home Senior Center
  - Social Security Administration
  - Idaho Dairy Council
  - Idaho Dept Health & Welfare
  - Elmore County Domestic Violence Council
  - Mountain Home Parks & Recreation
  - Horizon Home Health & Hospice
  - The Cottages Assisted Living
  - USAF Drug Demand Reduction Program
  - EMC Long Term Care
  - Mountain Land Physical Therapy & Rehabilitation
  - EMC Nursing & Trinity Mountain Medical Clinic
  - EMC Radiology & Laboratory
  - Curves
  - Mountain Home Public Library
  - SLRMC Sleep Institute
  - Costco
  - Creating Options: Mental Health & Substance Abuse
  - A Full Life—Addus Health Care
  - Home Instead Senior Care
  - Elmore Ambulance Service
  - Elmore Medical Center Foundation & Auxiliary
  - Expanded Food, Nutrition and Education Program
- ♦ For Health & Wellness Day information call 587-8401 ext. 146 or ext.187

## Scheduled Activities

- ♦ Blood tests—\$25 prepaid \$30 walk-in  
Fasting Blood tests include:
  - ⇒ Chemistry Profile
  - ⇒ Cholesterol Fractionation
  - ⇒ Thyroid Stimulating Hormone (TSH)  
(Blood test participants must not eat or drink anything 12 hours prior to the test except water or tea/coffee without cream or sugar)
- ♦ Adult Seasonal Flu Vaccine—\$15 prepaid **(18 years & older, No Walk-in available)**
- ♦ PSA—Prostate Screening \$12 pre-paid and \$15 walk-in
- ♦ Free Bone Density Heel Scan
- ♦ Free Blood Pressure check
- ♦ Free information from many additional community healthcare services
- ♦ All participants eligible to win door prizes
- ♦ Registration forms for Blood Tests and Flu shots available at Elmore Medical Center and Trinity Mountain Medical Clinic
- ♦ Break out sessions with Life Coach, Laurie Packer and ID Legal Aid Services, Rod Gere.
- ♦ Registration forms on web site at [www.elmoremedicalcenter.org](http://www.elmoremedicalcenter.org)

Western Elmore County Recreation District  
will host an "**Adult Fun Walk/Run**" starting at 9:30 am.  
For walk registration information contact WECRD at 580-2377



# Elmore Medical Center