

FOR IMMEDIATE RELEASE

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SCPHD Offering Free Wellness Screening Event in Hailey

SOUTH CENTRAL IDAHO – South Central Public Health District is pleased to announce that it will be holding a free wellness screening event on May 17, 2024, from 10 AM to 1 PM at the Senior Connection in Hailey. People will be screened on a first come, first served basis.

The screenings will include blood pressure measurements, height and weight assessments, and a full lipid panel to assess cholesterol levels and triglycerides, as well as blood glucose levels and A1C. While attendees are encouraged to fast for 8 hours prior to attending, it is not mandatory. Accurate and meaningful results will be provided regardless of fasting status.

The wellness screenings include a short health coaching session to help people understand their screening results. Overall, the screening will provide people with valuable insights into their health and help identify potential risks or areas for improvement.

"Regular health check-ups, including blood pressure, cholesterol, blood sugar, and A1C are crucial for overall wellness," said Adria Masoner, Health Education Specialist, Sr. at South Central Public Health District. "They provide insights into our body's health status and help us take proactive steps to stay healthy and prevent chronic illnesses like heart disease, diabetes & strokes."

For more information about the wellness screenings, please contact Adria Masoner at (208) 678-8221 x2303.

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