

for wellness. for women.

Women's Health Event

Elk Grove Medical Offices
9201 Big Horn Boulevard
Elk Grove



Come Celebrate Women's Health with us on Wednesday, February 27th

This Red Carpet Celebration is scheduled from 3:00 pm to 7:00 pm and is open to members and the community.

Planned events to include:

- interactive displays
- health screenings
- healthy snacks
- health talks
- mini-class demonstrations
- chair massages
- body fat testing
- raffle prizes

Women tend to put the needs of others before their own, even their own health needs. Luckily, simple things like awareness, education, and prevention can save your life. Get your numbers for blood pressure, cholesterol, glucose and body fat and take the first step to improving your personal health.

For additional information please call Health Education at **916-478-5680**.

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