

IS A HEALTHIER LIFESTYLE PART OF YOUR NEW YEAR'S RESOLUTION?

FRYE REGIONAL MEDICAL CENTER INVITES YOU TO
ATTEND A **SENIOR WELLNESS FAIR** IN CONJUNCTION
WITH THE HICKORY FOUNDATION YMCA.

Wednesday, January 26, 2011

6am - 10am

Hickory Foundation YMCA Teen Center
701 1st Street NW Hickory, NC 28601

OFFERING COMPLIMENTARY:

Bone Density Heel Scans • Body Mass Index (BMI) Checks
Clinical Breast Exams • Paraffin Hand Dips • Fall Risk Screenings
Depression/Other Psychological Screenings • Stroke Assessments
• Complimentary Health Information and more!

Registration is required.

ALSO

**Get a Heart Health Screening exam,
with an EKG for only \$39.***

*Payable by cash, check or major credit card. No insurance
accepted or filed for Heart Health Screening. Appointments
are necessary as space is limited. Fasting is required.

**Please call 828-315-3391
to register today!**



EXCEPTIONAL CARE, A CENTURY STRONG. **Senior Services**