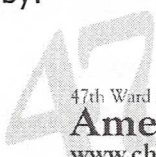


47th Ward Health & Wellness Day

September 29, 2012
Saturday, 10am to 3pm
Sulzer Regional Library
4455 N. Lincoln Ave.

- **Free Flu Immunizations**
- Cholesterol, Blood Pressure, Blood Glucose and Bone Density Checks
- Body Mass Index and Weight Assessment
- Optometry and Diabetic Retinopathy Screenings
- Prescription check-ups with a pharmacist and consultation with a Nurse Practitioner

Sponsored by:



47th Ward Alderman * * * *
Ameya Pawar
www.chicago47.org



Free Presentations

10:00 — Yoga for Health

10:30 — Tai Chi

11:00 — Brain Aerobics

11:30 — Understanding Chakras

12:00 — Herbal Remedies and Natural Products

12:30 — Oh, Just Bury Me in the Backyard

1:00 — The Way Acupuncture Heals

1:30 — It's Never Too Late to Rejuvenate

2:00 — Concepts in Creating Wellness

2:30 — Health Care Power of Attorney: Why you need it & how to get it.