



# MAKE WEEKEND PLANS **TO GET HEALTHY**

A day of free screenings, wellness tips  
and community building.

## HEALTH AND SAFETY FAIR

Join us for an afternoon of good health.

**SATURDAY, JUNE 18** • 11 a.m. – 2 p.m.

**MetroHealth Parma Medical Offices and Ambulatory Surgery Center**

12301 Snow Road, Parma, OH 44130

---

Free Health Screenings – Blood pressure, glucose, cholesterol and more  
Your Questions Answered by Expert Doctors • Safety Tips • Kids' Face Painting  
Touch-a-Truck • Games, Prizes and Refreshments

---

**Town Hall Meeting** • 11:30 a.m.

Are you a former HealthSpan patient? Or new to MetroHealth?  
Learn how MetroHealth can meet all your health care needs.

**5 Tips for Aging Gracefully** • 12:30 p.m.

Learn how you can feel younger longer with these five important health tips.

**For more information, please visit [metrohealth.org/welcome](http://metrohealth.org/welcome).**

ENTER FOR YOUR CHANCE TO WIN A FITBIT.



**MetroHealth**

CHANGE IS  
**HEALTHY**