



LINDEN MEDICAL CENTER

June 22, 2013

Wellness Festival



**PATHOLOGY
LABORATORIES**



**Physiotherapy
Associates**

SERVICES AVAILABLE

- **FREE SCREENINGS**
 - Cholesterol
 - Blood Glucose
 - Blood Pressure
 - HIV/AIDS
 - Bone Density
 - Eye Exam
- **HEALTH INFORMATION & REFERRALS**
 - Mammogram
 - Diabetes
 - Heart Disease
 - Nutrition
 - Senior Benefits
 - All Kids
 - Quit Smoking
 - Dental
 - Hepatitis B & C
 - STDs
 - Vocational Rehab
 - Parenting
- **FITNESS & WELLNESS**
 - Personal Instruction
 - Fitness Presentation

HEALTHCARE AND WELLNESS SOLUTIONS THAT WORK FOR OUR COMMUNITY

Leading a healthy lifestyle is essential in the cultivation of a productive and prosperous community. Linden residents can learn more about healthy choices at this year's Community Wellness Festival, which focuses on lifestyle changes, addresses a multitude of health concerns and provides complimentary diagnostic screenings.

This initiative echoes the First Lady, Michelle Obama's call to action through her "Let's Move Cities" campaign promoting physical activity and providing healthy food choices. The City of Columbus has been diligently focusing on providing awareness and education about leading long and healthy lives through creating Safe Routes to School, constructing bike paths, designing scenic walkways and streetscapes and offering citywide Community Gardens.

Please plan to attend the Linden Medical Center Wellness Festival on June 22nd, 2013 from 11:00 a.m. to 3:00 p.m. at Linden Medical Center, 2339 Cleveland Avenue, Columbus, OH. There is no cost associated with this event; it is a voluntary community program open to the public.

Feel free to pass along the Community Wellness Festival flyer and for more information on specific health topics please access the Columbus Health Department website at www.publichealth.columbus.gov