

Alameda Hospital

Alameda Hospital's Community Health Fair 2009

Date: Saturday,
October 17, 2009

Time: 9:00 a.m.—
12:30 p.m.

Exhibits Include:

Disaster Preparedness (low cost disaster & first aid kits will be available)
Cancer Prevention
Injury Prevention
Flu Prevention, H1N1 Flu Information
Chair Massage
... *plus much more!*

For more information, visit our
web site at www.alamedahospital.org
or call 814-4362.

Free health screenings, activities, and exhibits for the entire family!

- **Flu Shots** ("Seasonal flu vaccine" for individuals 60 years and older, or with a chronic medical condition, while supplies last.)
- **Vascular Screening** (Appointment required and space is limited. Call 814-4362.)
- **Blood Glucose Testing for Diabetes**
- **Blood Pressure Screening**
- **Podiatry Screening**
- **Cholesterol Screening (fee)**
- **Personal Risk Assessment for Heart Disease**
- **Quick Look EKG**
- **Osteoporosis Screening (fee)**

... Plus much more!

Especially for Children!

- ♥ Free Bike Helmet Giveaway (Children under 12 years old, while supplies last, child must be present)
- ♥ Kid Care Photo ID
- ♥ Safety and Disaster Info
- ♥ Emergency Vehicles
- ♥ Hand Washing and Flu Prevention
- ♥ Healthy Nutrition

... Plus much more!

**Free, secure, valet bicycle
parking provided by BikeAlameda**

City of Alameda Health Care District
2070 Clinton Avenue, Alameda, CA 94501