

Don't Miss the 8th Annual PCSB Health Fair
March 7th • 7 am – noon
at the Highland Park Church of the Nazarene
Lakeland

- ✓ **\$1,200 Worth of Free Health Services**
- ✓ **Lab work, cancer screenings, food, 70 vendors with FREE stuff, LOTS more!**
- ✓ **Register today online at <https://healthfair.polk-fl.net/> or contact Wellness at 648-3057.**

Special Screening Appointment Information

- ✓ **P.A.D. (circulation test) – Call Kari at 863-397-7662**
- ✓ **Memory – Call Stephanie at 863-688-4834; Alzheimer's Association**
- ✓ **Cancer – Call Theresa Barbie at 863-603-6579; LRCC**
- ✓ **Lab Work Guidelines – AVOID food or drink (other than water) for 9 hours prior to testing. Take all medications with a sip of water EXCEPT diabetes medications. Bring these with you to be taken after the screening. A snack will be available.**