

**Saturday**  
**January 4, 2014**  
**10:00 a.m. - 1:00 p.m.**



**Erin's Pavilion - Southwind Park**

**Start 2014 with a renewed commitment to health!**  
**All Free - Screenings, Fun Activities, and Games**  
**Great ideas to become more active, eat healthier,**  
**and make healthy choices for life!**

Children's Activities \* Biking \* Nutritional Info

Chair Massage \* Sleep Help \* Hearing Screening \* ACA Info

Living Wills/Durable Power of Atty \* Financial Wellness

Smoking Cessation \* Cancer Prevention \* Sun Exposure Screening

BP/Glucose \* Oral Cancer Screening \* Ideas to Increase Activity

All Park District Programs

Swimming/Hockey/Camp/Preschool Henson Robinson Zoo -

Animals \* Many More Activities & Games

**Door Prizes:**

Regions Bicycle, Sports Equipment, Cookbook, Carpet Cleaning, Home Teeth Whitening Kit, Massages, Park passes, and many great gift certificates!

**Ferris Wheel tickets for all Children**

**Click here for more information!**

**Shredding - Gone for Good - 11:00 a.m. - 1:00 p.m.**