

Wickenburg *Free Admission!* Festival of Health

Location: MY FATHER'S RETIREMENT RANCH 400 NORTH JEFFERSON

THURSDAY, MARCH 26, 2009 - 8:30 a.m. TO 12:00 noon

Blood Pressure & Glucose Testing

Sleep Wellness

Lymphatic Tune-ups

Pain Relief, Stress Relief

Durable Medical Equipment Display

Free Seminars on Healthy Living

Silver Sneakers Exercise- 8:30 a.m.

Win Door Prizes-drawing every 15 minutes

Music

Free Pancake Breakfast

Tours of Ambulance,

AirEvac Helicopter, Fire Truck

& Assisted Care Living Opportunities

AND MUCH MORE!

Seminars

8:30 a.m. 10 Mistakes to Avoid when Choosing Senior Living
by My Father's Retirement Ranch

9:00 a.m. Learn to Activate Lymphatic System
by John Ossipinsky

10:00 a.m. Hospice of the Valley by Kathleen Kemper

11:00 a.m. Good Night Sleep Wellness by Melaine Anderson
Director of Good Night Sleep Wellness Center

11:30 a.m. A Healthy Life Style by
WCH Janet McInnes, RN
& Maureen Serrano, RD

More info: (928)684-5479
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www.WickenburgChamber.com



Sponsors

- Accurate Oxygen & Medical Supplies
- Banner Health Center-Wickenburg
- Hospice of Arizona
- Hospice of the Valley
- Life Line Ambulance
- My Father's Retirement Ranch
- NVS Medical Practice
- Wickenburg Community Hospital