

FOR IMMEDIATE RELEASE

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SCPHD Offering Free Wellness Screening Event in Burley

SOUTH CENTRAL IDAHO – South Central Public Health District is pleased to announce that it will be holding a free wellness screening event on March 13, 2024, from 11 AM to 2 PM at the Burley Senior Center. People will be screened on a first come, first served basis.

The screenings will include blood pressure measurements, height and weight assessments, and a full lipid panel to assess cholesterol levels and triglycerides, as well as blood glucose levels and A1C. While attendees are encouraged to fast for 8 hours prior to attending, it is not mandatory. Accurate and meaningful results will be provided regardless of fasting status.

The wellness screenings include a short health coaching session to help people understand their screening results. Overall, the screening will provide people with valuable insights into their health and help identify potential risks or areas for improvement.

"We believe that regular wellness screenings are essential for maintaining a healthy lifestyle and understanding risks for heart disease, stroke, and diabetes," said Adria Masoner, Health Education Specialist, Sr. at South Central Public Health District. "By offering these free screenings, we hope to empower people with the knowledge and resources they need to make informed decisions about their health."

For more information about the wellness screenings, please contact Adria Masoner at (208) 678-8221 x2303.

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