

RE-INVEST IN YOUR HEALTH!

BLOOD PRESSURE ↓ WEIGHT ↓
CONFIDENCE ↑ STRESS ↓
CHOLESTEROL ↓ ENERGY ↑

Thursday, January 26, 2012 10:00AM-2:00PM



UHMS Spring 2012 Health & Wellness Screening

Location:
Wellness, Recreation & Athletic Center (WRAC)
4th Floor

COMPLETE THE SCREENING & RECEIVE A FREE CHAIR MASSAGE

Screenings for Staff & Students

NEW FREE SERVICES:

ENT, CARDIO & HEARING Screenings
HIV/AIDS & STD Testing * FREE MMR Shot

INFORMATION AVAILABLE:

ACCESSNYC, Smoking Cessation,
Mental Health Awareness: BREAK FREE

Blood Pressure
Cholesterol
Glucose
COPD
BMI



Living Well with Long Island University

The Brooklyn Hospital Center (*Community Outreach, ENT, & Cardio*),
Hibiscus Health & Wellness Center, The Brooklyn AIDS Task Force,
LIU College of Pharmacy & The LIU Brenda Pillors Asthma Education Program