



Step Out For Your Health Free Community Health Screening

**Saturday, March 23
8:00 - 11:30 am
Walmart, Plattsburgh**

We're hosting a free heart health screening open to the community. Find out your cholesterol, A1C levels, blood pressure, BMI; talk to experts in diabetes, fitness, nutrition and much more.

Fasting is recommended for more accurate test results. This screening is funded by proceeds from Stepping Out For Your Heart held in February.

Free Community Health Screening - Everyone receives a free pedometer!



UVMHealth.org/CVPHFoundation



Plattsburgh

THE
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Champlain Valley Physicians Hospital