

**Take Your  
Pulse  
Day is  
Feb. 20th**



The Heath Rec  
Center presents free  
cholesterol, blood  
pressure, glucose  
screenings, and more.



**Open to Everyone!**

- Free Health Screenings
- Free Cholesterol Tests
- Body Fat Testing
- Fitness Tests
- Flexibility Tests
- Health and Wellness Vendors

**Presenting. . .**

- BMI and body fat testing by Heath Rec Center
- Cholesterol, glucose, and pulse/blood pressure testing by Heath Nursing Home
- Massages by DeJaVue
- Screenings for the back by Chiropractor Greg Mantanya

**Time:** 12:00 p.m. to 2:30 p.m.

**Date:** Friday, February 20, 2004

**Place:** COATC Conference Center, 781 Irving-Wick Drive West, Heath

The COATC Conference Center is located on the west side of the Central Ohio Aerospace and Technology Center campus (former Newark AFB) in Heath, next to Aramark's Flightline Café.

Visit **COATC.com** for more information.