



**SPRING into  
Wellness**  
at the Portage Township YMCA  
April 17 - 23

## Free Healthy Kids Day

Saturday, April 17, 2010 from 10:00 a.m. to 12:00 p.m. sponsored by Porter Health Systems. Family events include sports in the gym, kids' fitness classes, free healthy snacks for kids provided by Town & Country Market, kids tattoos, free prizes, YMCA summer program information, Family and Youth Services Bureau information, and Summer Day Camp registration.

## Health Screenings

April 19 6:00 - 9:00 a.m.  
April 20 6:30 - 9:30 a.m.  
April 21 9:00 a.m. - 1:00 p.m.

8 hour fasting  
required

SEE BACK FOR SCREENING  
OPPORTUNITIES  
Call YMCA to register - 762-9622

April 20 7:30 a.m. - 3:30 p.m.  
April 22 7:30 a.m. - 3:30 p.m.

**\$65 HEART & STROKE  
SCREENING**  
Call YMCA to register - 762-9622



April 20 9:00 - 11:00 am  
April 22 3:00 - 5:00 p.m.

**FREE BLOOD PRESSURE/SUGAR  
FREE . BONE DENSITY SCREENING**

No  
registration  
required

April 23 9:00 a.m.- 2:00 p.m.

**FREE KIDNEY SCREENING**  
call 1-800-382-9971 to register

If you are not able to make the screenings at the Portage Township YMCA, Porter Health Systems will be available for limited screenings at the Greater Portage Chamber of Commerce, Business Opportunity Night at Woodland Park on April 22 from 5 - 8 p.m. which is a free event open to the public.

