

Wellness Block Party *and* Health Fair

Wednesday, Sept. 13 | 7 a.m. - 11 a.m.

CMC Wellness Complex & Medical Arts Building
130 Stonehenge Drive | Fairfield Glade, TN

HEALTH SCREENINGS | 7 a.m. - 11 a.m.

Blood Pressure	FREE
Glucose Finger Sticks	FREE
Grip Strength Test	FREE
Pulse Oximetry	FREE
Mammograms	Insurance will be billed.

LAB WORK

ABO & Rh Blood Type	\$15
Blood Type	\$15
B-12 Level	\$25
CBC-Complete Blood Count (WBC, RBC, Hgb, HCT, and PH)	\$15
CMP-Comprehensive Metabolic Profile (General test of kidney and liver screen, protein tests, and electrolytes)	\$15
Folic Acid (Folate)	\$25
Free and Total Testosterone Levels	\$45
Hemoglobin A1C (Diabetic Screening)	\$15
Lipid Profile (Cholesterol, Triglyceride, and HDL)	\$15
PSA-Prostate Screening	\$27
Thyroid Profile (T3 Uptake, T4, TSH)	\$40
Vitamin D Screening	\$50

Fasting is required for the Lipid and CBC Profiles.
Cash or credit card payments accepted at time of service.

Friends of the Trails Hike with Missy Kane

Wednesday, Sept. 13 | 10 a.m.

Join Missy Kane and the Friends of the Trails in Fairfield Glade to hike the new and improved Overlook Trail.

They will gather outside the CMC Medical Arts Building and Wellness Complex at 10 a.m. to carpool to the site for the two mile hike.



Knee Pain and Discomfort

Wednesday, Sept. 13 | Noon

Cumberland Medical Center Orthopedic Surgeon Darren Barton, DO will discuss knee pain and discomfort and take questions from the audience. Dr. Barton is Fellowship Trained in Sports Medicine.

The session will be held at the Fairfield Glade Conference Center. A **FREE** lunch will be provided with RSVP to 459-4262 by Sept. 8.



For more information, call (931) 459-4262, or visit www.cmchealthcare.org

RECEIVE HEALTH INFORMATION FROM:

- * Breast Center
- * Cancer Center
- * Cardiac Pulmonary Rehab (CPR) Alumni
- * Cardiopulmonary & Cardiac Rehab
- * Crossville Medical Group
- * Diabetes Center
- * Endoscopy Center
- * Fairfield Glade Resident Services
- * Friends of the Trails
- * Gallaher Plastic Surgery & Spa MD (providing FREE paraffin hand dips)
- * Lifeline Medical Alert System
- * Sleep Disorders Center
- * Wellness Complex
- * Wound Care



PLUS: Cumberland County Sheriff's Department Prescription Drug Take Back

