

MCG Health and Fitness Expo

Personal Health Record

Blood Pressure _____ / _____	Height _____
Blood Glucose _____	Weight _____
Cholesterol:	BMI _____
	Body Fat _____%
	Pounds fat _____
	Waist Circumference _____
	Vision _____
Standard _____	Lung Function Screening:
HDI (good) _____	
LDL (bad) _____	
VLDI _____	
Triglycerides _____	
Ratio _____	Notes:
Grip Strength _____	
BIA Body _____	
Skin Fold Assessment	

**Special Thanks for Donating
a Door Prize!**

- | | |
|---|---|
| American Red Cross of Augusta | Health Center Credit Union |
| American Wilderness Outfitters (A.W.O.L.) | National Science Center, Fort Discovery |
| Atlanta Bread Company | MCG Wellness Center |
| Dick's Sporting Goods | Papa John's Pizza |
| Eye Care One | |



Get In The Game!

Medical College of Georgia

HEALTH AND FITNESS EXPO

January 31, 2008

10 AM - 2 PM



MCG Health and Fitness Expo

Taking control of your health and well being gives you the best chance for living a full and rewarding life, and the MCG Wellness Center Health and Fitness Expo is the perfect place to begin. By showcasing MCG and community vendors, you will have the educational tools and exposure to a variety of services that can jump start a healthier lifestyle.

You will have the opportunity to create your own Personal Health Record, a compilation of health screenings that you may receive on-site; examples of screenings include blood pressure, blood glucose, body fat analysis, and vision tests.

The event also features free workout demonstrations so you can feel the burn of a muscle toning class, hold a Yoga stance, or learn more about Pilates. Seminars and presentations on related topics will run throughout the day, and raffle drawings will be held to reward you for your interest in health and wellness.

Thank you for attending!

Special Events and Classes for the Day

11:00 a.m. - 11:15 a.m.
Heart Health Presentation
Dr. Mindy Gentry

11:30 a.m. - 12:00 Noon
Muscle Toning Class
Susannah Spears
Location: Group Exercise Room

12:15 p.m. - 12:30 p.m.
Nutrition Presentation
Beth Dilly

12:30 p.m. - 1:00 p.m.
Power Pilates Class
Ruthie McGhee
Location: Group Exercise Room

1:15 p.m. - 1:30 p.m.
Stress Relief Presentation
Valerie Chapman

Vendors

Alzheimer's Association
Ambulatory and Network Services
American Red Cross of Augusta
American Cancer Society
American Wilderness Outfitters (A.W.O.L.)
Augusta Animal Emergency
Augusta Plastic Surgery Associates
Augusta Recreation and Parks Department
MCGHI Cardiac Rehabilitation Program
Clinical Nutrition Services
Dental Medicine - School of Dentistry
Department of Respiratory Therapy
Diabetic Research: Panda and Teddy Studies
Employee Health Services
ENT/Otolaryngology

Eye Care One
Georgia Prevention Institute
Health Center Credit Union (HCCU)
LifeLink of Georgia
Maternal and Infant Care Program
MCG Express Card
Murphy and Robinson Opticians
Petsch Respiratory Services
Department of Physical Therapy
Relax the Back
Robert B. Greenblatt, M.D. Library
Student Health Services
Tobacco Cessation Program
WellCare of Georgia, Inc.
Wellness Center