



Free Health Fair

Lincoln Indian Center
1100 Military Road
Wednesday, April 11
9:30 a.m. to 12:30 p.m.

A complementary lunch will be served at 11:30 a.m.

Health screenings

- Finger stick cholesterol
- Blood glucose
- Sahara Ultrasound bone density
- Grip strength
- Balance checks

Health education programs or booths

- Tips on diabetes prevention and or management
- Healthy eating
- Simple and inexpensive home exercise ideas
- Information on health promotion services available in the Lincoln area



Funding provided by Gamma Pi At-large Chapter of Sigma Theta Tau International, dedicated to excellence in nursing education and care. Sponsored by Aging Partners, University of Nebraska Medical Center College of Nursing and Lincoln Indian Center.

