



# AROUND THE WORLD IN 80 DAYS

A COMMUNITY HEALTH CHALLENGE TO  
MOVE AROUND THE GLOBE  
FOR BETTER HEALTH

## Lake Region Healthcare 2016 COMMUNITY HEALTH EXPO

Thursday, April 28 • 3:30 p.m. to 7:30 p.m.  
Bigwood Event Center • 925 Western Ave, Fergus Falls

### Free Health Screenings & Interactive Booths

3:30-6:30 p.m.

- Blood Pressure
- Glaucoma/Macular Degeneration
- Skin Cancer
- Weight/Waist/Hip Ratio
- Blood Glucose
- Peripheral Arterial Disease
- PSA Cholesterol/HDL
- Chair massages

### Activity Participation Classes

4:30-5 p.m.

- Low Impact Exercise with Sue Tungseth

5-5:30 p.m.

- Zumba with Missy Hoen

5:30-6 p.m.

- Yoga with Wendy Billie

### Speakers

3:45-4:30 p.m.

- Food Prep Tips with Lynn & Kristy

4:30-5:15 p.m.

- How to Identify Depression & Anxiety with Dr. Nicole Welle

5:15 p.m.-6 p.m.

- Wellness Journeys with Larry Schulz, Viann Sampson & Mike Copple

6:30 p.m. - KEYNOTE

- The Importance of Sleep to Good Health with Dr. Eva Berro, Pulmonologist



### Health Screening Prizes

Grand View Lodge Spa Package & Sportsman's Lodge Lake of the Woods Fishing Trip

### Around the World

#### Reward Pickup & Giveaways

- Central Lakes Cycle \$500 Bike & \$100 Gift Card
- Apple Watch
- Fitbits
- Phatty Nattie's Punch Cards

### Grand Prize Drawing

**\$3500 Travel Voucher**

(Held after Keynote; must be present to win.)



Lake Region  
HEALTHCARE  
**#80DAYS**

Visit [lrhc.org/80days](http://lrhc.org/80days) to learn more.