University of Idaho

HEALTH & REC FAIR

WEDNESDAY, OCTOBER 14, 2015
1-5p.m. at the Student Recreation Center

Health Screenings

Biometrics* - SRC Classroom, 7a.m. - 11a.m.
Free Screening for University of Idaho faculty and staff.
Includes: glucose, blood pressure, cholesterol, full lipid profile and body mass index.
On-site consultation of results.
Employees must bring their Blue Cross of Idaho ID.

Bone Density Scan - SRC Classroom, 7a.m. - 11a.m.
Cost: $15 (cash or check).

Vaccines

Flu Shot - Gold Gym, 1p.m. - 5p.m.
Free vaccine for University of Idaho students, faculty, staff and employee dependents (over the age of 16).
Must bring your Vandal ID.

Meningitis Vaccine - Gold Gym, 1p.m. - 5p.m.
Free vaccine for University of Idaho students only.
Must bring your Vandal ID.

Health and Rec Fair

SRC Silver and Gold Gyms, 1p.m. - 5p.m.
Over 50 local and regional vendors. Free and open to the public.

- CPR demonstrations
- Vision screenings
- Dental resources
- Nutrition tips
- Diabetes education
- Sun safety education
- Free Wellness classes
- 6 minute fitness test
- Ergonomic education
- Complimentary chair massages
- Free climbing
- Soft taco bar

Join us for full-day of events

Prizes | Food | Screenings | Flu Shots | Health Education

...all in the name of HEALTH!

Thank You To Our Sponsors

Gritman Medical Center | Palouse Play | Fun | Blue Cross of Idaho

For more information visit us at uidaho.edu/health-rec-fair

Complete the Health and Rec Passport and you can be entered into the raffle drawings.
Only students can enter the grand prize drawing.