



**St. Bernardine Medical Center**

A member of CHW

**FREE**

# ORTHOPEDIC HEALTH FAIR



Your body is an amazing structure, with bones and joints that enable you to walk, run, jump and more. Find out how you can keep moving in ways that also keep you healthy. Visit our orthopedic community health fair.

## FREE HEALTH SCREENINGS:

- Bone density for osteoporosis
- Fluoroscan for arthritis
- Body mass index and nutritional information
- Glucose levels for diabetes
- Grip strength test & use of adaptive equipment
- Foot screenings for choosing correct shoes
- A 5-minute massage
- Vendors displaying walking shoes and orthotics

### WHERE:

**St. Bernardine Medical Center  
Match Center  
2101 N. Waterman Avenue  
San Bernardino, CA 92404**

### WHEN:

**SATURDAY  
APRIL 17, 2010  
10 am - 2 pm**

For more information please call

**909 881 4361**



For a physician referral call or visit our website

**800 566 SBMC (7262)**  
[stbernardinemedicalcenter.org](http://stbernardinemedicalcenter.org)