

Saturday
MARCH 5th
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Live Well



EASTERN IDAHO

A monthly health & wellness educational series

Upcoming Topics:

April 26th – FREE Childhood Immunization Clinic
Location: Eastern Idaho Public Health - 1250 Hollipark Dr

May 11th – Community Biking Event
Location: TBA

June 8th – 7-8 pm
Topic: Activities for All Ages
Location: McCowin Park (3000 Southwick Ln, Ammon) near Gazebo

July 12th – 7:00-8:25 pm
Topic: Pool Safety/Exercises you can do in the pool/Have fun
Location: McCowin Park (3000 Southwick Ln, Ammon) at pool
Pool entry will be free to everyone

August 10th – Fun in the Park
Location: Idaho Falls Park

September 14th – 7-8 pm
Topic: Radiation Oncology;
Dr. Ryan Bair
Location: EIRMC Cancer Center Classroom

October 3rd – 9 am
Run for the Cure (EIPH)
Location: Freeman Park in Idaho Falls

November 9th – Ice Skating with the City
Location: Idaho Falls Skating Rink (Joe Marmo/Wayne Lehto Ice Rink)

December 14th - Financial Peace - Dave Ramsey Style
Location: Mountain View Hospital, Downstairs Classrooms

Saturday, March 5th

EIRMC Spring Heart and Health Fair

9 AM - 1 PM

Location: EIRMC Medical Office Building Lobby

FREE Health Screenings

- **Stroke Screening:**
 - Blood Pressure,
 - Ankle Brachial Index
- **Glucose Check/Diabetes Risk Assessment**
- **Body Fat Analysis**
- **Advance Directives**
- **Breast Health/Osteoporosis**
- **Back Pain**

