

## Visit us at Blue Heron Days

Visit us on Saturday, August 20 from noon to 4 pm at Lino Lakes City Hall.

HealthEast Women's HeartAdvantage will be offering free screenings, including:

- Total cholesterol
- HDL cholesterol
- Blood sugar
- Blood pressure
- Body mass index (BMI)

No fasting is necessary.

You will receive your results from a Heart Care Registered Nurse.

