



MEDIA ADVISORY

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Date: 10/03/2013
TDD: 791-2639

HEALTH FAIR AT ARMORY PARK CENTER – OCTOBER 17, 2013

The City of Tucson Parks and Recreation would like to invite you to the Health Fair at the Armory Park Center. There will be free blood pressure checks and health screenings, as well as nutrition counseling and giveaways. There will be an advance directives clinic and presentation from 10 a.m. to noon.

Flu, pneumonia, and shingles vaccinations will be given by Walgreen's. Walgreen's will honor most insurance. Call your local Walgreen's to check about your insurance as each company has different plans. Bring your insurance card to receive your flu vaccination. Without your insurance card, the cost for a flu vaccination is \$25. This event is free and open to the public.

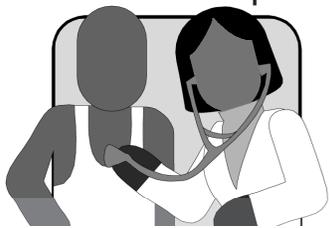
Date: Thursday, October 17, 2013
Time: 9 a.m. to noon
Place: Armory Park Center, 220 S. 5th Avenue
Cost: FREE
Sponsors: Walgreen's on 6th Avenue
Contact: 791-4865

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If participants require an accommodation or materials in accessible format or require a foreign language interpreter or materials in a language other than English for any event, please call Tucson Parks and Recreation, 791-4873, at least five business days in advance

Sponsored by The City of Tucson Parks and Recreation Department,
Armory Park Center, Armory Park Center Club #1,
and Walgreens on 6th Avenue

Walgreens



FREE! - Open to the Public - FREE!

Armory Park Center

HEALTH FAIR

*“Health FIRST...
and the rest will follow”*

Thursday, October 17, 2013

9:00am to 12:00noon

Armory Park Center, 220 S. 5th Ave



Free BLOOD PRESSURE check

NUTRITION COUNSELING

FREE SCREENINGS!

FREE GIVEAWAYS!

**FLU, Pneumonia, and Shingles Vaccinations
given by Walgreens**

Walgreens will honor most insurances. Call your local Walgreens to check about your insurance as each company has different plans. Bring your insurance card to receive your flu vaccination. Without your insurance card, the cost for a flu vaccination is \$25.00.

Advance Directives Clinic - presentation 10:00-12pm

Free help filling out forms after presentation.

- **What are Advance Directives?** *Advance directives are legal documents that let you make decisions now about your future health care.*
- **How do Advance Directives work?** *A Medical Power of Attorney lets you choose someone now to make medical decisions for you in the future when you are unable to do so.*
- **A Living Will lets you specify** *types of medical treatments you do or do not want in the future when you are unable to communicate your choices.*
- **Why are Advance Directives important?** *Advance Directives give you the ability to make and communicate these important decisions about your future health care wishes.*

Learn about and prepare these forms at this free clinic, presented by a doctor and lawyer from the University of Arizona's Tucson FamilyAdvocacy Program, (520) 694-1624.

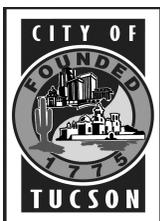
FREE! EVIDENCE-BASED 6 WEEK CLASS dealing with
“Managing Ongoing Health Conditions” developed by Stanford U.

Topics covered in workshops include:

**Hypertension • Arthritis • Heart & Lung Disease • Cancer • Diabetes
and other on-going Health Conditions**

To Register: Contact Hector Juarez, 520-243-7939, sponsored by Pima County Health Dept

For more information, call 520-791-4865



Tucson Parks and Recreation
A Nationally Accredited Agency