



Rooted in  
Health

# Women's Wellness Day

**Saturday, Sept. 7, 2013**

**8 am – 4 pm**

**The Historic Jacob House  
115 15<sup>th</sup> Ave., Idaho Springs**

**A FREE day just for women to receive important health screenings, health information,  
and to talk with onsite health professionals.**

- **Mammogram – 40 years and over (mobile van)**
- **Cervical screening – 40 years and over (pap smear)**
- **Free Oral Health Screening (8 – noon)**
- **Cardiovascular Risk Assessment – 18 years and over  
(to include cholesterol & blood sugar)**
- **Chiropractic advice**
- **How to do a self breast exam**
- **Recommended immunizations – noon to 4 p.m. (cost will be discounted and/or fee-based)  
Tdap, Flu, Zoster, Hepatitis A & B, pneumonia**
- **Nutrition and weight management advice**
- **Alternative health options**
- **Stress screening and stress management coaching**
- **Massage therapy**
- **Menopause**
- **Foot care**
- **Women's health care resources**

**Must call in advance no later than  
August 30th for mammogram and  
cervical screening appointments  
303-670-7545**



CLEAR CREEK COUNTY  
Public and Environmental Health