



How do you measure up?

Know the numbers that count.

Many serious health conditions develop over time, but they can be delayed or prevented if you know your risks and make healthy changes.

Understand your health risks with the following *Know Your Numbers* event screenings:

- Blood pressure
- Glucose
- Cholesterol
- BMI

BIOMETRICS SCREENING

TIME: May 12 and 13, 2008, 8 AM - 2 PM

LOCATION: Foothill College, District Board Room

Sponsored by the Human Resources Department, this opportunity is provided **FREE OF CHARGE** to **District Sponsored Health Plan Members, including Retirees.**

FASTING IS NOT REQUIRED

TO REGISTER FOR THIS EVENT, PLEASE CONTACT

 Tel: **(877) 239-3557, Ext 211**

For questions, please contact
Christine Vo, Benefits Manager,
via email VoChristine@fhda.edu

**Deadline for Registration
is May 2, 2008**

