

# Monument Community



# Carnival of Health

Free

## Free health screenings:

- Glucose & cholesterol
- Asthma screening
- Prostate cancer
- Blood pressure
- Bone density
- Spinal exam
- Hearing
- Dental
- Vision

**Saturday, October 6, 2012**

**11 am-3 pm**

**Meadow Homes Park**

**1371 Detroit Avenue, Concord**

**Detroit Ave & Sunshine Dr**

**Over 30 informational booths,  
healthy cooking demonstrations,  
folkloric dance, 1 laptop & gift raffles,  
mini low-level family fitness boot camp,  
activities for children and much more!**



**Kids Bike Rodeo**  
**Play while developing**  
**road awareness and safety skills.**

**For information call (925) 682-8248 x 2220**

**Presented by** Monument Community Partnership & Michael Chavez Center

**Sponsored by** Kaiser Permanente, Firedoll Foundation, Wells Fargo, La Clínica de la Raza, Barton Chiropractic, Heritage Bank, Olson Chiropractic, California State University East Bay, Diablo Clinical Research, John Muir Health, Walnut Creek Host Lions Club