



# FREE Skin Cancer, A1C, or Blood Pressure checks

Provided by:  
Boone Health Community Wellness

## ADDRESS

Douglass Park  
400 N. Providence  
Columbia, MO

## DATE

June 19, 2024

## TIME

11 AM - 2 PM

Screenings will be offered for 18 and older on a walk-in basis in our Mobile Health Unit/Douglass Park parking lot.

### Skin Screening - Exposed Screening Only:

- Wear loose clothes (shorts)
- Don't wear makeup
- Keep your hair loose so your scalp can be examined
- Take note of any concerns, like skin spots, patches, or moles, and point those out to your screener before the exam

**A1C: Blood test for type 2 diabetes and prediabetes. Measures average blood glucose, or blood sugar levels over the past 3 months.**

- Instant results
- Fingertick

**High blood pressure:** is "the silent killer," meaning that it has no symptoms of its own, but can dramatically increase one's risk of developing heart disease or stroke.

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