



# FREE A1C and BLOOD PRESSURE SCREENINGS

Provided by  
**Boone Health Community  
Wellness &  
Boone Hospital Foundation**

## DATE

**August 1, 2024  
Thursday**

## ADDRESS

**Monroe Co Health  
Dept.  
310 Market St.  
Paris, Mo**

## TIME

**10:30 AM - 1:30 PM**

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

- Instant results
- Fingerstick

## **HOW TO PREPARE FOR YOUR SCREENING:**

- Drink plenty of fluids
- Cold hands - shake arms and/or run hands under warm water

**No appointment necessary**