



FREE A1C Screening and/or BP Screenings

Provided by:

Boone Health Community Wellness Winter Well-Being Expo

DATE

Saturday
February 22

ADDRESS

ARC
1701 W Ash St.
Columbia

TIME

9:00 AM - 12:00 PM

Screenings will be offered for all adults on a walk-in basis.

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.

Take the first step by checking your blood pressure and making heart healthy lifestyle changes.