



FREE A1C & Blood Pressure Screens

Screenings Provided by:

Boone Health Community Wellness & Boone Hospital Foundation

**These screenings are part of the
2nd Annual Ag Week Lunch & Learn
presented by the Audrain County Health Dept**

To sign-up for the lunch and learn, go to the Audrain County Health Dept Facebook page or contact them at (573) 581-1332.

No appointment is needed to attend the Health Screens.
Both of these events are FREE.

Wednesday
March 5, 2025

4-H Building
Mexico, MO

11:00 AM - 1:00 PM

An A1C screen is a blood test for type 2 diabetes and prediabetes. This screen measures average blood glucose, or blood sugar levels over the past 3 months.

This is a fingerstick that provides instant results.

To prepare for your screening:

- Drink plenty of water
- For Cold Hands, shake arms and/or run hands under warm water