



FREE A1C & BLOOD PRESSURE SCREENING

Screening Provided by:
Boone Health Community Wellness & Boone Hospital Foundation

These screenings are part of the 2nd Annual Ag Week Lunch & Learn

presented by Audrain County Health Department
You must sign-up for this free lunch and learn. Go to
Audrain County Health Department Facebook page or
contact them at (573) 581-1332.

DATE	ADDRESS	TIME
Wednesday March 5, 2025	4-H Building Mexico, MO	11:00 AM - 1:00 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 & Education
- Fingertick

HOW TO PREPARE FOR YOUR SCREENING:

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

No appointment necessary