



FREE A1C SCREENING

Screening Provided by:

Boone Health Community Wellness & Boone Hospital Foundation

**These screenings are part of
Senior Expo 2025 at the YMCA**

DATE

Thursday
April 3, 2025

ADDRESS

YMCA
1127 Adams St
Mexico, MO

TIME

9:00AM - 11:00AM

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:

- **Fasting not required**
- **Drink plenty of fluids**
- **Cold hands - shake arms and/or run hands under warm water**

No appointment necessary