



# FREE Skin, A1C Screening &/or BP Screenings

Provided by:

## Boone Health Community Wellness

### DATE

May 28, 2025  
Wednesday

### ADDRESS

Columbia  
Farmers Market  
1769 W Ash St  
Columbia, MO

### TIME

4:00 PM - 7:00 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
- Finger stick

### Skin Exposed Screening Only:

- Wear loose clothes (shorts)
- Don't wear makeup
- Keep your hair loose so your scalp can be examined
- Take note of any concerns, like skin spots, patches, or moles, and point those out to your screener before the exam

**High blood pressure:** "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.

