## Apple Valley Fire Protection District Health Fair & Open House 2013

Saturday, Oct. 19, 2013 10 a.m. to 2 p.m. Fire Station 337 19305 Jess Ranch Parkway

> 10 a.m. – Doors Open 11 a.m. to 1 p.m. – Free Hot Dog Lunch

Fire Engine Rides • Helicopter Display

## Free Information

- Apple Valley Fire Protection District
- Department of Aging
- Inter Valley Health Plan
- Apple Valley CERT
- American Medical Response
- CAREMORE
- Sunset Hills Memorial Park
- AV Ranchos Water Co.
- TAV Recreation & Park Department
- Kokomo Fitness
- Apple Valley Police Dept. – COP and YANA Programs
- Rock Spring Retirement

## **Free Screenings**

- Beltone Video Otoscope
- Fitness Sun City customized workout programs
- Vitals Blood Pressure Checks
- Got Sharps? Exchange your full sharps container for a new one
- Apple Valley Spine & Nerve Institute – Spinal Screening
- Jonathan's Pharmacy Consultations

\$10.00 flu shots, while supplies last, provided by Desert Valley Hospital (CASH ONLY)

