

# WOMEN'S HEALTH FAIR

**FREE HEALTH SCREENINGS** available Saturday, February 27, 2010



check  
up on your HEALTH

**San Ramon Regional Medical Center** is teaming up with California State Assemblymember **Joan Buchanan** to present a community health fair.

Come to San Ramon Regional Medical Center for some preventive health screenings. We encourage you to make positive lifestyle changes to help reduce your risk of heart disease, high blood pressure, diabetes, and other chronic illnesses. These screenings are a first step to help you identify some of your health risks. The next step is to schedule an appointment with a physician for a clean bill of health. Our staff will be available to introduce you to our hospital services. Screenings will be provided on a first come, first served basis. Screenings are appropriate for adults.

**Saturday, February 27, 2010**  
**9 a.m. to 2 p.m.**

**San Ramon Regional Medical Center**

South Conference Center  
7777 Norris Canyon Road, San Ramon

No reservations required.  
For more information, call 800.284.2878.

**FREE HEALTH SCREENINGS**

- Cholesterol (total) screening\*
- Blood pressure screening
- Body mass index calculation
- Computerized body fat analysis
- Diabetes screening\*
- Pulmonary function test
- Osteoporosis screening

\* Fasting recommended, but not required

**INFORMATIONAL ACTIVITIES**

- Quake Cottage – experience an earthquake
- Tour The Breast Center
- Cardiac & stroke health
- Arthritis
- Spine health
- Cancer prevention
- MRI
- Children's health

800.284.2878

[www.OurSanRamonHospital.com](http://www.OurSanRamonHospital.com)



**SAN RAMON**  
REGIONAL MEDICAL CENTER

Celebrating **20** years of care