

Yes, you have a  
trusted partner for  
staying healthy



## Vidant Hospital Health Fair

Tuesday, May 8 | 9:00 am – 11:30 am | Mattamuskeet Senior Center

*Join us for Free Health Screenings, Demonstrations,  
Information and Give-Aways!*

- ✓ Blood pressure checks
- ✓ Blood sugar tests
- ✓ Body Mass Index screenings
- ✓ “Brown Bag Day” – Bring your medications and a pharmacist will review them with you and screen for duplicate medications and those that are out of date.
- ✓ Physical Therapy – Vidant Pungo Hospital’s physical therapist and team will teach simple exercises to promote strength and flexibility, and check your walkers and canes for wear.
- ✓ Hand Hygiene Demonstrations
- ✓ Hyde County Sheriff’s Department on site to dispose of expired medications or any you no longer need.