

Healthier You Expo



Saturday, Sept. 30

9 a.m. to 1 p.m.

Center for Health Education

740 SW Ninth St., Newport

Free and open to the public

Building Healthier Communities Together.

Attend the Healthier You Expo to learn about local resources that can help you improve your overall health and well-being.

Free wellness opportunities include:

- Acupuncture treatments
- Addiction and recovery resources
- ArtsCare activity
- Asthma and COPD education
- Balance assessment
- Blood drive (visit redcross.org to schedule a donation time)
- Blood pressure checks
- Body fat testing
- Cancer risk screening kits
- Cholesterol and glucose screening
- Diabetes and nutrition education
- Flu shots (free with most insurance)
- Food sampling
- Health education
- Leg strength assessment
- Massages
- Mini facials
- Sleep assessment
- Volunteer opportunities

**Meet with
a local clinician to
discuss options
for your health care
needs.**

**Door prizes
and more!**

**Rx drop off
to safely dispose
of unused
medications.**

Thank you to our many participants:

- A Balanced Life Hypnotherapy
- American Red Cross
- Heartfelt Healing Massage by Betsy
- Healthy Together Support Group
- Iron Horse Yoga and Massage
- Lincoln County Public Health
- meraki holistic health and beauty
- Newport Parks and Recreation
- Oceana Natural Food Cooperative
- OHSU – Healthy Oregon Project
- OHSU – Knight Cancer Institute Mobile Outreach Team
- Oregon Cascades West Council of Governments: Senior and Disability Services
- Oregon Health Insurance Marketplace
- OSU Lincoln County Extension
- PAADA – Partnership Against Alcohol and Drug Abuse
- Pure Beautology
- ReConnections Counseling
- SamCare Mobile Medicine
- Samaritan Cancer Resource Center
- Samaritan Evergreen Hospice
- Samaritan Health Services
- Samaritan Veterans Outreach
- SamFit



**Samaritan Pacific
Communities Hospital**