

# AT&T PAPER SHREDDING!!!

## CTA "VENTRA" BUS!!!



IL. Senator Mattie Hunter, in conjunction with the IL. Institute for Positive Living-Open Book Program, Presents a Health, Fitness & Fun Fair

**Good Health + Good Reading + Good Food = A Better You**

10th Annual Free

IL Sen. Mattie Hunter

**HEALTH**

August 3, 2013

Saturday

10:00 a.m. - 2:00 p.m.

**Fitness & Fun FAIR**

Fun For the Whole Family

**Location:**

Illinois Institute of Technology  
The Field North of Crown Hall  
33rd & State St. Chicago, IL

### Free Screenings

- ★ Blood Pressure
- ★ Cholesterol
- ★ Glucose Screenings
- ★ Bone Health & Osteoporosis
- ★ Podiatry
- ★ Eye
- ★ Stroke Prevention
- ★ Memory
- ★ Metabolic Syndrome
- ★ Wellness Profile
- ★ Health Age Profile
- ★ Flexibility or Grip Strength
- ★ Heart Health & Heart Attack Prevention

★ **Free** Haircuts for male students who come early

★ **Free Massages**

### What to Expect :

#### Food

Fresh fruits and Vegetables will be sold at a modest price and healthy cooking demonstrations will provide further information on how to prepare meals for the family.

#### Entertainment

WGCI--107.5 Popular DJ Phantom will provide attendees with amazing musical entertainment

#### Also Come to See

World Champion South Shore Drill Team & World Champion Jesse White Tumblers

**Free lunch at 1 pm, book bags for students with supplies, children's books and interactive games**  
**Ongoing entertainment and raffle prizes for adults and youth age 12+**

**Free physicals, immunizations, lead testing for 6th thru 9th grade students & all students who've recently moved into the city and need physicals.**

**Parents or guardians must accompany to sign for permission.**

For more information, please call Deloris MeBain of MeBain Media Group at 708 533-6558 or Janis McReynolds, District Administrator of Senator Hunter's Office at 312 949-1908.

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