

## Building Remarkable Communities Through Remarkable You.

## Learn the health numbers that matter most to your wellness at Remarkable You, a free health screening event sponsored by Novant Health.

When it comes to living your healthiest life possible, information is key. Get the facts you need about your health at a Remarkable You event. Meet with a Novant Health team member for a free health screening and a discussion on healthy lifestyle options. This **FREE** screening includes: BMI, Blood pressure, Waist Circumference, Cholesterol, Triglycerides, Blood Glucose and A1C.

**Lexington Community Day Health Screenings** 

February 15th, 16th, 17th, 22nd, 23rd, 24th

Parks and Recreation Building 512 Hargrave St. Lexington NC

## 9:00am- 3:30pm

Click the date or

scan the QR Code

to sign up





