

# Save the Date

## UH Women's Health Expo

Saturday, November 16 | 9 a.m. - 1 p.m.

A special event designed to celebrate health and wellness for women of all ages

**Fireside chats featuring female physicians** and caregivers. Chats begin at 9:30, 10, 10:30, 11, 12 and 12:30.

### Cooking Demonstrations

Featuring Executive Chef, Lynnet Savanick. Demos begin at 9 and 11:30 a.m.

### Ask a Doc

### Vendor and Information Tables

### Schedule your mammogram!

A block of time has been set aside at this event for eligible women to have their screening mammograms.\*

*\*A physician's order is required to schedule.*

### Free Health Screenings:

#### Walk-up Screenings:

- Balance
- Blood glucose
- Blood pressure
- Body Mass Index
- Cholesterol
- Grip strength
- High risk lung cancer (alpha testing)
- Pulmonary function test
- Stroke-risk assessments

#### Pre-registered Screenings:

- Carotid vascular
- Hearing
- Hernia
- Lower extremity vascular
- Memory
- Skin cancer

*All screenings and activities will take place in the UH Ahuja Medical Center main lobby*

*Pre-registered screenings may be scheduled by calling 216-714-8351.*



216-593-5500 | [UHAhuja.org](http://UHAhuja.org)

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