

Itasca Community College 2017 Wellness Day

“Interested in Living Longer and Better?”



**Dr. Hans Diehl, DrHSc, MPH, FACN, CHIP program founder and
Clinical Professor of Preventative Medicine at Loma Linda
University, Presents “Living Your Best Life”**

“Most of our common modern killer diseases are largely self-made and culturally promoted. They respond to the choices we make. Fortunately we can prevent and reverse them by making some simple lifestyle changes. You don't have to become a statistic. Being proactive is always better than to repair.”

Thursday, April 27, 2017

10 A.M.

Chucker Auditorium, Davies Hall

Following this presentation:

Free Health Screenings - provided by Grand Itasca Clinic & Hospital

11 a.m. to 1 p.m. – Davies Hall Lobby

Grand Itasca Clinic & Hospital is conducting FREE health screenings that measure your cholesterol panel, blood glucose, blood pressure, height, weight, BMI. It includes a short health coaching session to review your results. To get the most accurate results, participants are encouraged (but not required) to come to the screening prior to eating or drinking anything that morning.

A special **heart-healthy meal** will also be available in the Viking Grill from 10:30 a.m. to 6 p.m. - \$6.50. Check it out!