

YOU'RE INVITED TO A FREE!

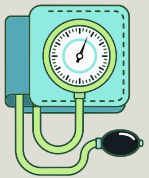
HEALTH & WELLNESS FAIR

Good Health Starts with One Conversation: Walk with a doctor, learn from experts, and discover services that can help you stay healthy.



Hosted by **Berkshire Health Systems & Berkshire Family YMCA**

GET A FREE HEALTH CHECK-UP



Blood Pressure



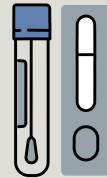
Blood Glucose



Vascular Screening



PSA Screening



FIT Screening



Mammogram Prescreen



Colonoscopy Prescreen



Lung Prescreen

LEARN & GET MOVING

- **Talk & Walk with a Doc**
Ask questions while enjoying a lap around the gym
- **Stretching Classes**
Simple exercises for all ages
- **Free Chair Massages**
Relax and learn ways to reduce stress
- **Cooking Demo**
Learn how to prepare low-cost, healthy meals

FAMILY & COMMUNITY RESOURCES

- **Adult Flu Vaccines -**
Bring your insurance information
- **Women, Infants and Children(WIC) Information**
- **Advocacy for Access -**
Insurance Assistance
- **Sign up for the BHS Patient Portal**

PLUS!

- **Community Partners**
- **Free Child Care**
- **Prizes & Giveaways!**



Saturday, October 3 | 10:00am - 2:00pm
Berkshire Family YMCA
292 North St, Pittsfield, MA 01201



INTERPRETER SERVICES
SERVICIO DE INTÉRPRETES



Health Within Reach
Berkshire Health Systems

Scan the QR Code or visit our website
berkshirehealthsystems.org/community
to learn more

