



# Cruising Toward Healthy Living

# HEALTH FAIR

**Tuesday, September 25  
1-3:30 pm**



**@ Hopkins Activity Center  
33-14th Ave N, Hopkins**



## Attend important **FREE** health screenings

*Provided by Park Nicollet*

- Advanced Care Planning
- Balance
- Blood Pressure
- Body Mass Index
- Depression
- Healthy Living Education
- Information/Resources



## **Flu Shot Clinic 1-3 pm**

*Provided by Minnesota Visiting Nurses Association*

### **Protect yourself and the community from Influenza by getting vaccinated!**

Choose from quadrivalent flu shot (\$38) or high dose (\$65). Bring Picture ID, Medicare card and insurance card and MVNA will bill your insurance plan on your behalf. No appointments!

## **Come Early 12-1 pm**

### **Discover ways to be a Road Scholar**

*With Jenny Peterson, Road Scholar Ambassador*

Whether you love to hike, study art, try new cuisine or discover other cultures, Road Scholar family programs will introduce travel and learning opportunities in the US and abroad.

**Register to attend before the Health Fair.**

## **SPONSORED BY:**



For more information, contact the Activity Center at [activitycenter@hopkinsmn.com](mailto:activitycenter@hopkinsmn.com) or 952-939-1333, or visit [www.hopkinsmn.com/activitycenter](http://www.hopkinsmn.com/activitycenter)