

Women's Wellness Seminar

Tuesday, May 12, 2015

8:30AM-4:00PM

Great Plains Technology Center Worley Center Room 301

4500 SW Lee Blvd - Lawton, OK

Open to the Public ~ Vendors Welcome

SCREENINGS:

Height
Weight
Eye Screening
Blood Sugar
Blood Pressure
A1C for Diabetics
BMI



TOPICS:

Self Esteem
Stress Reduction
Nutrition
Rocking the Chair
Line Dance

Continental Breakfast & Lunch Provided & Door Prizes

WEAR COMFORTABLE CLOTHES

REGISTRATION FORM - Fax to 580-492-6095

Name: _____

Organization: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

___ Participant

___ Booth Participant

Check if needed and
how many of each:

___ Table

___ Chairs

Sponsored by: Comanche Nation Programs: Prescription Assistance Program,
Optometry, Family Assistance Center, Diabetes, Fitness Center, CHR, Sunshine Home Care
For more information please call: FAC 580.492.3590 or Sunshine Home Care 580.583.1950