

FREE



Health EXPO®

Learn how to Save Your Health & Start A Health Program

Nutrition – Exercise – Water – Sunlight – Trust – Air – Rest – Temperance
NEWSTART



Enjoy a Variety of Free Services to You or Your Organization

- **Blood Pressure Check
- **Glucose Check
- **Pulmonary Lung Strength Test
- **PC Generated Health Age Test
- **Anti-Stress Massage Techniques
- **Exercise Coaching
- **General Diet & Health Counseling
- **Functional Medicine Coaching
- *****

Soldier and Veteran Screening

- **Benefits
- **Social Relationships
- **New Pact Act
- **Retirement Coaching
- **PTSD & SPTSD Recovery
- **Vietnam & Gulf War Exposures Registries
- **Dependents & Widows

****Location:**

Guntersville Recreation Center
1500 Sunset Drive
Guntersville Alabama 35976

****Date:** Sunday, November 13th, 2022

****Time:** 9:30 am-5:30 pm Screening's

****For More Info & Questions****

Text:

256-604-4029 or 256-640-1806

E-mail:

commanderscorner2022@yahoo.com