

Spring Wellness Fair

All participants who participate
in a screening will receive a \$25
Hallmark Voucher

HVMHS—May 29th 2019
2:15PM-4:15PM

Biometric Screenings

15-minute appointments with a wellness coach where your blood sugar, cholesterol, blood pressure and body composition will be tested. You will leave the appointment with your numbers, health education and if needed, a plan to follow-up with your doctors.

Appointments are required.



Healthy
Snacks will
be provided!

DermaScan Screening

See the health of your skin on a deeper level. Repeated exposure to the sun, poor hygiene, or improper skin care habits “add-up” over time where even normal healthy-looking skin may be hiding some unseen damage and even disease. Derma Scan screenings utilize a facial application and examination of the integrity of the skin. Normal skin damage occurs gradually as we age. This damage is cumulative and subtle. This screening allows both the participant and screener to view the entire face together and is recognized as a major advancement in skin analysis. Participants are presented a clear visualization of skin texture, markings, and lesions that demonstrate the negative impact that sun, soaps, and other pollutants can have.

NEW!

Introduction to Aromatherapy & Essential Oils

This workshop will introduce you to essential oils and aromatherapy, the most common therapeutic application where healing effects are achieved through inhalation of the essential oils. We'll explore how essential oils can enhance many areas of your life with research demonstrating benefits for immune support, relaxation, sleep, stress relief, emotional balance, skin care, respiratory health, hormonal balance, household and personal care use, and relief of muscle tension and pain. You'll learn about safety, how essential oils are produced, oil properties, and common methods of application.

All participants will be able to experience various oils and will receive their own personal aromatherapy inhalers.



To schedule your 15-minute biometric screening appointment, contact

Sharon Alibozek, alibozeks@acrsd.net

Appointments will book quickly so contact Sharyn today!

Berkshire Health
Group & You...



Healthy Together

Wellness at Work
BERKSHIRE HEALTH SYSTEMS