

# Free Family Health and Wellness Day



The Lake County General Health District is launching Motivate Lake County to encourage Lake County residents to take back control of their health. The initiative will promote existing health and wellness events/activities in Lake County and include new health fairs, wellness challenges, classes, presentations, support groups, and more. Motivate Lake County is a countywide initiative designed to inspire, engage, and help residents reach their unique health and wellness goals.

**Saturday, August 10 | 9:00 a.m. - 1:00 p.m.**

**Wickliffe Community Center  
900 Worden Road, Wickliffe, Ohio 44092**

Take advantage of **free health screenings**, including: **blood pressure**, **cholesterol**, and **glucose** offered by University Hospitals, **bone density** provided by Osteostrong, and **balance assessments** by hChoices.

**Join us for fun, vendors, giveaways, games, music, and raffle prizes!**

REV1: 7/24/2019



**Lake County  
General Health District**

**Public Health**  
Prevent. Promote. Protect.

