

Arrowhead Regional Medical Center's 11th Annual

It's free!

COMMUNITY



- ♥ **Free! Health screenings for adults & kids**
- ♥ **Free! 500 flu shots, 10 a.m. - 2 p.m. (adults only)**
- ♥ **NEW! radKIDS** (resist aggression defensively) self-defense for kids 4-12 years old
- ♥ **NEW! Continuous sidewalk CPR training** (no mouth-to-mouth)
- ♥ **NEW! Virtual dementia tour**
- ♥ **NEW! Continuous hands-on live flame/fire extinguisher practice**

- ♥ **Bounce house for kids**
- ♥ **Returning by popular demand!**
 - Live auto accident/trauma scenario
 - Officer "Byrd" – on stage!
- ♥ **DUI goggles to try while "driving"**
- ♥ **Live stroke re-enactment**
- ♥ **Free sharps collection**
- ♥ **Cleaning Experts from A&E's TV Show "Hoarders"!**
- ♥ **Free! Light snacks, water, and raffle prizes** (get raffle tickets at the end of health screenings & at select safety experiences)
- ♥ **Many terrific vendors/exhibitors** (with vital health and/or safety related information for your family)



**Saturday
October 19, 2013
10 a.m. to 2 p.m.
"Rain or Shine!"**

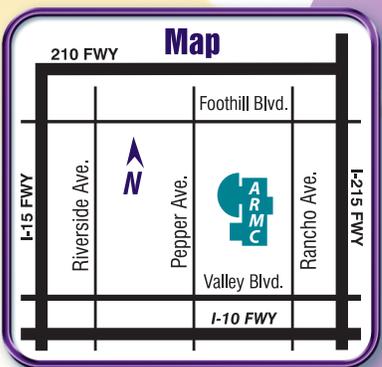
**Health screening
registration ends
at 1:30 p.m.**



**Teddy Bears for
the first 300 kids
to complete their
health screenings**

Sponsors:

COUNTY OF SAN BERNARDINO BOARD OF SUPERVISORS



The Heart Of A Healthy Community

ARROWHEAD REGIONAL MEDICAL CENTER

909-580-1000 • 400 N. Pepper Ave., Colton, CA 92324
www.arrowheadmedcenter.org

This event is a free public service provided by ARMC and is not organized by nor paid for by any school district funds.