

# 11<sup>th</sup> Annual Innsbrook Wellness Health Fair

Over 25 Innsbrook Vendors! Something for everyone!

Glucose  
Checks  
by Walgreens

Cholesterol  
& BMI Checks  
by Henrico  
Doctors Hospital

Blood Pressure  
Checks  
by Virginia  
Physicians, Inc.

Vision  
Screening  
by Richmond Eye  
Associates

Orthopedic  
information  
by Advanced  
Orthopedics

Varicose Veins  
& Skin Care  
by Innsbrook  
Plastic Surgery

**Take a break from your workday and come visit  
the Health Fair for fun, food and facts!  
Just a healthy walk from your office!**

**Thursday June 7<sup>th</sup>  
11am – 1pm**

(In the salons on the first floor Essex Building  
4521 Highwoods Pkwy)

**Enter to Win  
Free Raffles!**



**Winners every 10-15 minutes!**

***Chances to win Innsbrook After-Hours Tickets***

**Free Fat-free ICE CREAM  
courtesy of Bruster's!**

**Food Provided by:  
Silver Diner and Chick-fil-A**

Line  
Dancing  
by  
Zacharias Ganey

Free  
Chair Massages  
by Tidewater  
Physical Therapy

Alzheimer's  
Information  
by Alzheimer's  
Association

Chiropractic  
Information  
by Family  
Chiropractic  
Center

Dental Health  
Information  
by Goochland  
Dentistry

...and... so  
much more!

Sponsored by Innsbrook Wellness Committee and American Family Fitness

Innsbrook Wellness Committee provides an avenue for information  
by promoting fitness, nutrition and educational opportunities.