

# **Reminder: Free Health Screenings tomorrow – Win an MP3 player!**

Friday, October 12, is our free health screening day for employees, spouses and family members. The screenings are being provided by Medical Mutual's Healthy Solon Program and Kaiser. The screenings will be held in two locations on campus to avoid lines. An early time was set up at the high school to allow employees who may be going out of the district for professional development to still be screened.

## **The schedule again is:**

**Location: High School - atrium by the auditorium**

Time: 7:30 a.m. – 1:00 p.m.

Employees from High School, Orchard, Roxbury, Board of Education, Maintenance & Transportation

**Location: Solon Middle School - cafeteria**

Time: 9:00 a.m. – 3:00 p.m.

Employees from Solon Middle School, Parkside, Lewis & Arthur Road

Screenings available are diabetes, non-fasting cholesterol and blood pressure tests, which will be provided continuously at both locations. Body mass index measurements will be conducted at Solon High School from 9:00 a.m. to 12:30 p.m. and at Solon Middle School from 1:00 p.m. to 3:00 p.m.

## **Be sure to enter our raffle tomorrow at the screenings for an MP3 player!**

Just guess the number of Solon Schools employees, spouses and family members who will Take Charge of Their Health and get screened tomorrow and you could win!