



# **Free Health Screening**

Sponsored by  
*Lions Club of Ardmore*  
*BlueCross BlueShield of Oklahoma*  
*and*  
*Lions of Oklahoma*

- ⇒ **Diabetes**
- ⇒ **Blood Pressure**
- ⇒ **Visual Acuity, Glaucoma**
- ⇒ **Cholesterol**
- ⇒ **Lung Capacity**
- ⇒ **Obesity Information & Body Composition (BMI)**
- ⇒ **Bone Density (for women over age of 40)**

Note: Women wanting the bone density screening please wear socks, not pantyhose.



*Friday, November 12<sup>th</sup>*

*9:00 a.m. – 5:00 p.m.*

*Ardmore Convention Center*

*2401 North Rockford Road*

*No appointment needed*

*Children under 18 years of age need parental permission*