

Know Your Numbers?

Choose Your Lifestyle!

Northern Arizona Healthcare joins the American Heart Association in celebrating National Heart Month by offering

**Free Non-Fasting Health Screenings
Cholesterol – Diabetes - Blood Pressure**

In the following locations across the Verde Valley

Camp Verde Community Library, 130 Black Bridge Rd, Camp Verde
Friday, February 3, 9:00 am to 2:00 pm

Sedona Public Library, 3250 White Bear Rd, Sedona
Wednesday, February 8, 10:00 am to 4:00 pm

Verde Valley Fire District, 2700 E. Godard Rd, Cottonwood
Thursday, February 16 1:00 pm to 6:00 pm.

Montezuma-Rimrock Fire Station, 3240 E. Beaver Creek Rd, Rimrock
Saturday, February 18, 8:00 am to 1:00 pm

NO APPOINTMENT NECESSARY



Northern Arizona Healthcare
Flagstaff Medical Center • Verde Valley Medical Center

Sponsored by Northern Arizona Healthcare
and Verde Valley Medical Center.
For more information, call 928-853-0879