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**Gain KNOWLEDGE and know your NUMBERS
to make HEALTHY choices**

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Sign up today for the following FREE health screenings:

Cholesterol (total, HDL, LDL, triglycerides), blood pressure, resting heart rate, blood glucose, waist/hip ratio, and body mass index.

How to sign up:

Contact Get Healthy Now at ghn@louisville.edu to schedule a screening for one of the following dates:

- August 9th - 8:00 - 11:00am, HSC Instructional Building, Room 208
- August 16th - 8:00 - 11:00am, Abell Administration, Room 109
- August 23rd - 8:00 - 11:00am, HSC Instructional Building, Room 208
- August 30th - 8:00 - 11:00am, SPHIS, Room 103

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There are limited time slots available. Sign up today!

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