

# Community Health Screening

## Cholesterol, Blood Sugar, BMI and Blood Pressure Testing

**Date:** Wednesday, November 4th

**Time:** 7:00am until 9:00am

**Where:** Curtis Community Building  
(Portage Township Hall, Curtis)

### Screenings:

- Blood Sugar & Cholesterol - \$7.50

For accurate blood sugar and cholesterol results,  
a 12 hour fast is necessary prior to testing.

To properly fast, eat nothing and drink only water.  
Do continue to take your medications.

- Blood Pressure - free
- Pulse-Oxygen Level - free
- BMI (body mass index) and Flex Testing - free
- HNJH Patient Services Information

### **Please Note:**

HNJH Community Health Screenings are open to everyone (*Newberry, Curtis, Engadine, Paradise, Grand Marais, etc*). You do not need to live in the area where a health screening is being held to participate.



For more information, contact  
David Kihm, RN at 293-9183 or  
visit us on the web at [www.hnjh.org](http://www.hnjh.org).