

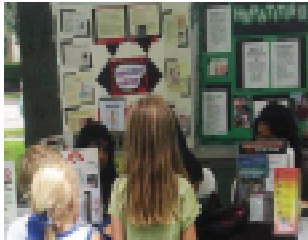
Health Fair and Fitness Expo

Presented by the
Asian American Council

April 14, 2018, 9:00 am to 5:00 pm

Christ Church United Methodist
3440 Shroyer Rd, Kettering, OH 45429
(Across from Fairmont High School)

Learn about...



...benefits of stress reduction,
exercise, acupuncture, & more!

Try out...



...new dance moves



Play...



...fun games

Learn to prepare...



...healthy Asian foods

Don't miss out on **free Health Fair screenings...**

- ✓ Blood Pressure
- ✓ Blood Sugar
- ✓ Body Mass Index / Diabetes Assessment
- ✓ Behavioral Health, including Depression Screenings

- ✓ Sleep Disorder Screenings
- ✓ Doctor Consultations
- ✓ **Bone Marrow Donor Drive***
*Note: A \$20 *Healthy Living/Healthy Lifestyles* book will be given to each new bone marrow donor registrant and health fair participant.

...Fitness Expo Activities / Demos

- ✓ Tai Chi
- ✓ Yoga
- ✓ Zumba
- ✓ Guided Meditation
- ✓ Asian Children's Games
- ✓ Watch Live Ethnic Cooking Demos
- ✓ Learn to Dance Chinese and Filipino folk, Bollywood, Bhangra, and more!
- ✓ Enter the Dance-a-thon



Funded by the
OHIO COMMISSION ON
MINORITY HEALTH



...and **Health Presentations** from experts **on a variety of health topics:** Drug Addiction, Bullying, End of Life Care, Diet, Exercise, and Lifestyle Modifications, Dental Care, Domestic Violence, Stress Management, Behavioral Health, Acupuncture and Traditional Chinese Medicine, Cancer Screenings, and more!

More information at <http://aacdayton.org/> and at <https://www.facebook.com/events/161501494609280/>
or call 937-775-2798 (Office of Latino, Asian, Native American Affairs, Wright State University)