

THE SOUND PARTNERSHIP

RESCHEDULED

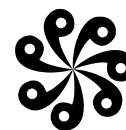
PRESENTS THE

Tacoma Public Schools' Health and Safety Fair

**THIS IS A FREE, FUN AND EDUCATIONAL EVENT FOR
ALL TPS EMPLOYEES AND THEIR FAMILIES**



**Saturday, February 25, 2012—11:00 A.M to 2:00 P.M.
Foss High School Cafeteria—2112 S. Tyler Street**



FREE HEALTH SCREENINGS

Blood Pressure
Height and Weight
Body Mass Index (BMI)
BMI Fat Loss Monitor
Body Fat Analysis
Core Testing and Stability Testing
Vision Chart
Electrocardiogram Testing
Movement Pattern Quality Testing
Muscle Imbalance Testing
(to determine back and neck pain causes)
Stress Survey
Trigger Point Screening

FREE GYM BAG

For the first 125 TPS employees
(limit 1 per family)

FUN FESTIVITIES

All Day

Visit ALL the Booths—Enter to Win Prizes!!!



FREE FOOD—Healthy Snack Buffet

11:30-1:15

Exercise Demo's and Kids' Event

1:15-2:00

Door Prize GIVEAWAYS (**20+ prizes!!!**)

BIOMETRIC SCREENINGS

Sponsored by Premera Blue Cross

Total Cholesterol (TC) and HDL
TC/HDL ratio
Blood Glucose
Blood Pressure and Pulse Rate
BMI
Lipid Profile

Only 25 screenings are available.

ALL slots have been FILLED.

OTHER FREE ACTIVITIES

Proper Fitting for Athletic Shoes
Mini-Sessions of Acupuncture
Mini-Sessions of Massage (available at multiple booth locations)
Weighted Hula Hoop Activities
Ask the Dentist
Eye Glass Cleaning

INTERACTIVE/EDUCATIONAL BOOTHS FOR HEALTHY BODIES, HEALTHY EATING, FITNESS, & SAFETY:

Accident & Injury Chiropractic Center, Acupuncture & Systemic Health Center, Acupuncture Northwest & Associates, American Cancer Society, American Heart Association, Bayview Optical, Breast Cancer Resource Center, Cascade Regional Blood Services, City of Tacoma Emergency Management, Costco Wholesale, Figures, Fleet Feet Sports, Franciscan Occupational Health, Group Health Cooperative, Healthy Self Naturopathic Services, HopeSparks, Juice Plus+, Ladies Workout Express, Magic Touch Massage LLC, Olympic Sports & Spine Rehabilitation, Pemco Insurance, Premera Blue Cross, Sisters of Hope, St. Leo Food Connection—Wheels to Meals, Studio 138, Tacoma Fire Department, Tacoma Strength, Tacoma-Pierce County Health Department, Terra Organics, Total Woman Health Studio & Spa, Vision Quest Sport & Fitness, Washington State Employees Credit Union, Willamette Dental, **and more!!!**

We would like to extend a BIG thank you to the EVENT SPONSORS

THANK YOU

Acupuncture Northwest & Associates, Pemco Insurance, Premera Blue Cross, Vision Quest Sport & Fitness, and Washington State Employees Credit Union

THANK YOU