

Illinois Valley Community Hospital September 2017 Community Outreach Events

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| | <u>Free Tai Chi & More</u> • Held Tuesdays & Thursdays in the IVCH Peru Mall Room next to JoAnn Fabric | 9:00 - 10:00a |
| 2 | <u>IVCH Fall Fitness 5K</u> • Fee \$20 before August 30 th • Washington Park in Peru • register at runsignup.com/ivch5k • registration starts at 6:30 am, race starts at 8am | 6:30 – 8:00a |
| 5 | <u>Free Blood Pressure & Blood Sugar Checks</u> • 10 – 12 hour fast required • Held in the IVCH Peru Mall Room | 8:00 – 8:30a |
| 11 | <u>Cancer Support Group</u> • IVCH Special Procedures Conference Room • meeting the 2 nd Monday of every month | 6:00 – 7:00p |
| 12 | <u>HbA1c Blood Test Screening</u> • Fee \$20 • Registration required • <u>Free</u> blood pressure & blood sugar checks available (10–12 hour fast required) • at Peru YMCA | 8:00 – 10:00a |
| 14, 16 | <u>Cholesterol Profile Blood Test Screenings</u> • Fee \$20 • 10–12 hour fast required • Registration required • Peru YMCA | 7:30 – 10:00a |
| 15 | <u>IVCH Foundation Golf Scramble</u> • \$125/golfer • Senica's Oak Ridge Golf Course • proceeds to benefit the IVCH Foundation and the construction of a new MRI Unit • register at ivch.org | 12:00p lunch 12:30p start |
| 19 | <u>Prostate Screening</u> • Fee \$25 • IVCH Occupational Health Clinic • Registration Required | 5:00 - 6:00p |
| 19 | <u>Freedom From Smoking</u> • Fee \$40 • 7 weeks • 8 Classes • Registration required • IVCH Women's Health Care Conference Room | 6:30 – 8:00p |
| 26 | <u>Free Blood Pressure & Blood Sugar Checks</u> • At Liberty Village Peru • 10 – 12 hour fast required • Public Welcome | 9:00 – 11:00a |
| 26 | <u>Liberty Village Peru Vaccination Clinic</u> • Flu shot \$30 | 9:00 – 11:00a |

**For Program Information & Registration
Call (815) 780 – 3337 www.ivch.org**