

# District 9 I. A. of M. & A. W. Welfare Trust

## 20th Annual Family Health Fair

### WHEN?

Friday, October 13  
2:00pm - 7:00pm  
AND  
Saturday, October 14  
8:00am - 12:00pm



### WHERE?

Machinist Hall  
12365 St. Charles Rock Road  
Bridgeton, MO 63044

### FREE FLU SHOTS ON FRIDAY AND SATURDAY!

In addition to Saturday, we will be offering free flu shots on Friday afternoon from 2:00pm to 7:00pm to help accommodate those members who work on Saturday morning. Come get a free flu shot for yourself and your family and save the money from having to go to your pharmacy! Attendance prizes will be drawn throughout the event on Saturday. You do not have to be present to win. Everyone who attends on Friday will be automatically entered in the drawing!

### SNACKS AND REFRESHMENTS

Snacks and refreshments will be available while you attend the event. Bring the kids! We will have a Kid's Korner loaded with lots of fun activities including:

Pumpkin Decorating • Kid's Free Giveaways • Coloring and Painting • Balloon Art



### QUESTIONS ABOUT YOUR PENSION\* OR WELFARE BENEFITS?

Representatives from both the Pension and Welfare Trusts' will be available to answer any questions you may have about your benefits.

\*Our staff cannot answer questions about the International Machinists Pension Plan

### HEALTH SCREENINGS – SATURDAY ONLY!

- Confidential Cholesterol (requires fasting) and HDL Testing
  - Blood Pressure Testing
  - PSA Testing
  - Hearing Tests
- Bone Density Scans
  - Chair Massages
- Information on Nutrition, Exercise, Stress Management, and Healthy Lifestyles for all ages

By sponsoring the Health Fair, the District No. 9 Welfare Trust hopes to promote good health for its members and their families. Everyone is encouraged to take advantage of this healthy fun filled opportunity. **We look forward to seeing you!**