

Do Something Great for Your Health

Our health fair offers important screenings and family fun.

When: Saturday, Aug. 18, 9 a.m.–1 p.m.

Where: Camden County Recreation Center, 1050 Wildcat Drive, Kingsland

More: Visit sghs.org/healthfair

If you missed the Southeast Georgia Health System Community Health & Wellness Fair in Brunswick, this is a wonderful opportunity for you to do something great for your health. You can have fun with your family while learning how to keep yourself and those you love healthy. Health System physicians and specialists, as well as community health-focused organizations, will be available to offer helpful information about health care services.



Free health screenings

- Blood pressure
- Heel DEXA bone density scan to help reveal your risk of osteoporosis
- Pulse oximetry to measure how well your red blood cells are being saturated with oxygen
- Skin checks for cancer
- Vascular screening to help determine your risk of stroke and other serious diseases

No appointments are necessary for these screenings. However, we suggest you arrive early as there can be a wait for certain tests.



Free medication review

A Health System pharmacist will discuss your medications with you. Bring all your prescription and over-the-counter drugs and any vitamins or herbal supplements that you take.



Heart health and breast cancer screenings

- **Heart tests:** Get an electrocardiogram (EKG) and lipid profile for just \$25. You must fast for 12 hours before the screening. Appointments are recommended.
- **Mammogram:** Available by appointment. Walk-ins are welcome. Most insurance plans are accepted and financial assistance is available for qualifying patients.

Call **855-ASK-SGHS (855-275-7447)** for more information or to schedule an appointment.



Fun for the entire family

Kids of all ages will enjoy fun family activities, including a teddy bear clinic to learn how to care for or mend a favorite doll or stuffed animal.



Calling All Men

A free prostate screening can save your life.

Men, you know you should get screened for prostate cancer. And we've made it easy to do with free screenings for men age 40 and older at several convenient locations. No appointment necessary.

Saturday, Aug. 18, 9 a.m.–1 p.m.

- Camden County Recreation Center, 1050 Wildcat Drive, Kingsland

Tuesday, Sept. 11, 4–7 p.m.

- Brantley Family Medicine Center
21300 Highway 82, Suite C, Waynesville
- McIntosh Family Medicine Center
1022 Miller Lane SW, Darien

Thursday, Sept. 13, 4–7 p.m.

- Southeast Georgia Health System
Brunswick Campus
Outpatient Care Center
2500 Starling St., Brunswick



For more information, call **855-ASK-SGHS (855-275-7447)**.