

Wellness Expo 2010



"Living Active, Living Longer"

Friday, April 23, 2010, 8:30am - 1:00pm

Onalaska Omni Center

255 Riders Club Road, Onalaska, WI 54650

Free Admission • Free Lunch • Over 70 Exhibitors • Entertainment by the Grumpy Old Men

~ Speakers ~

9:00am • Healthcare Reform Panel

Understanding how healthcare reform changes will affect you.

Jeff Thompson, MD, CEO Gundersen Lutheran HealthSystem

Robert Nesse, MD, President and CEO Franciscan Skemp Healthcare

10:00am • Yoga Chair Exercises

Using yoga techniques, learn gentle and effective chair exercises.

Linda Larson, Registered Clinical Exercise Physiologist, Gundersen Lutheran

11:00am • Doc, My Legs Hurt

Understanding options for hip and knee arthritis. • Anthony Villare, DO, Franciscan Skemp Healthcare

~ Demonstrations ~

CarFit

Do you fit in your car properly? • Come anytime from 9:00am – 1:00pm to find out!

La Crosse Police Department

Intoxiclock • Your body and alcohol, how much is too much?

The Convincer • Experience the importance of wearing your seat belt.

La Crosse Fire Department

Smokehouse – Exit Drill In The House • Do you have a home fire escape plan?

Free Health Checks

Hearing • Lung Function Testing • Blood Pressure • Chiropractic • Eye • Bone Density
Massage • Functional Fitness Testing • Mobil Mammography Unit • And many more including Spa Services!

Yearly screening mammograms are covered by most insurance. If you do not have insurance, call to find out how you can use this service. To schedule your mammogram, call the Gundersen Lutheran Norma J. Vinger Center for Breast Care at (608)775-PINK (7465)

Bring an optional non-perishable food item to donate to local food pantries

Call Coulee Region RSVP for more information 608.785.0500 or visit our website at www.rsvplax.org

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