



YOU'RE INVITED TO THE CENTEGRA HEALTHY LIVING EVENT

Learn how Centegra can help you achieve optimal health at this **FREE** interactive event!

Meet Centegra's clinical teams who will teach you everything you need to know about fitness, nutrition, diabetes, lifestyle choices, personal wellness and more!

- Watch a healthy, diabetes-friendly cooking demonstration.
- Receive free screenings (metabolism, blood pressure and body mass index) and a free foot wellness exam.
- Enjoy light refreshments.
- Learn about the Centegra Healthy Living Institute.
- Visit interactive booths including diabetes, nutrition, heart health, weight loss, Centegra Health Bridge Fitness Center and more.

FREE EVENT DETAILS:

Friday, January 23 • 8:30am-Noon
Centegra Health Bridge Fitness Center-Huntley
10450 Algonquin Road • Huntley, IL 60142


Centegra
HealthSystem
ALWAYS LOOKING AHEADSM

All ages are encouraged to attend. The first 200 to register and attend will receive a free mini cutting board! Enter to win one of four 3-month memberships to Centegra Health Bridge Fitness Centers! *(Some rules and restrictions apply.)*

» **REGISTER TODAY:** Visit centegrahealthyliving.com or call 877-CENTEGRA (236-8347) to register for this free event.