



1ST ANNUAL CROZET HEALTH FAIR AND 1 MILE FAMILY FUN RUN/WALK

Sunday, October 18th 2-5 pm

Crozet Baptist Church (5804 St. George Ave.)

Highlights

Fun Run/Walk starts at 2:00 pm
Kid's activities
Kettle Korn

Health Talks

2:00 Stress Management
2:30 Healthy Cooking/Nutrition
3:00 First Aid
3:30 Stress Management
4:00 Healthy Cooking/Nutrition
4:30 First Aid

FREE Screenings and Services

Free flu shots for uninsured children
Cholesterol checks
Blood pressure
Audiogram
Glaucoma screenings
Oral cancer screening
Orthodontic screening
Body Mass Index
Sleep Disorder Screening
Energy field screenings
Massage
Posture analysis
Lifting techniques
Flexibility
Child fingerprinting

KEEP CROZET HEALTHY

Participants

ACAC Crozet
Albemarle Co. Sheriff's Office
American HomePatient
Anytime Fitness
Augusta Health Internal Medicine
CHIYU Massage and Reflexology
Connections Chiropractic Center
Crozet Blue Ridge Dental
Crozet Family Medicine

Crozet Eye Care, Optometrists
Crozet Internal Medicine
Crozet Pediatrics at CCHC
Dr. David Maybee, DDS
Drs. Rice & Associates
Encompass Therapy, LLC
Hamer & Hamer Orthodontics
Lauren W. Morris-State Farm
Legacy Hospice

M2 Personal Training
Mountainside Senior Living
PT Plus Physical Therapy
UVA Family Medicine- Crozet
Vision Solutions, LLC
Western Albemarle Rescue Squad
Your Body Balanced

Sponsored by the Crozet Business Networking Group
Hosted by the Crozet Baptist Church Parish Nursing Ministry

