

Pueblo Health Expo

Live Well. Eat Better. Move More.



January 24, 2009 • Pueblo Convention Center • 8:00 a.m. - 1:00 p.m.

The Pueblo Health Expo is a free community-wide event to promote physical activity, healthy food choices, disease prevention, safety, recreation and overall wellbeing. Residents of all ages are encouraged to attend.

Cooking Demonstrations

Iron Chef competition presented by Pueblo Community College

Health Screenings

- ✓ blood pressure
- ✓ pulse oximetry
- ✓ lung function
- ✓ vision
- ✓ blood sugar (requires 1 hour fast)
- ✓ fitness assessment (wear loose clothing)
- ✓ grip test
- ✓ flexibility
- ✓ balance
- ✓ body mass index
- ✓ mental health wellness
- ✓ "Ask a Medical Expert"

Fitness Demonstrations

- ✓ Zumba
- ✓ Yoga (children, adult, chair)
- ✓ Active older adults class
- ✓ Jump rope
- ✓ Dance

Kids Korner

Empowering youth to make healthy lifestyle choices:

- Free books for first 100 kids
- Hand washing display
- How well do you wash off the germs?
- Kids in the Kitchen
- How to prepare healthy meals and snacks
- Nutrition education for kids and parents
- Fitness for kids



For more information: pueblohealthdept.org • (719) 557-4586 • pueblohealthexpo.wordpress.com

Traductores estarán disponibles.

Gold Active Partners

Accolades Magazine

JUNIOR LEAGUE OF PUEBLO

COMCAST SPOTLIGHT

NEWS TALK 590 KCSJ

Your Health Your Hospital parkview MEDICAL CENTER

Pueblo Community Health Center

PUEBLO Convention Center GLOBAL SPECTRUM

St. Mary-Corwin Medical Center Centura Health.

Silver Active Partners

Colorado State University - Pueblo
Pueblo Community Diabetes Project
Rocky Mountain Eye Center
Rocky Mountain Health Plans
Southern Colorado Family Medicine
Spanish Peaks Mental Health Center

Bronze Active Partners

Board of Water Works
Goodrich Corporation
Orthotic Prosthetic Solutions
Park West Imaging
Pueblo City-County Health Department
Pueblo StepUp
HUB International
Trane
YMCA of Pueblo