

## Minooka Junior High School Health Fair

In cooperation with USF College of Nursing, Minooka Junior High will be hosting a Health Fair on **February 25, from 7:45 to 2:00**. During this time, all the 7th and 8th grade PE classes will be rotating through the health fair. Activities and topics include:

Blood cholesterol screening

Vital signs

Blood glucose

Nutrition (eating healthy)/Fad diets

Coping skills/Stress relief/Depression

Alcohol/Substance abuse

Don't smoke

Exercise/fitness/ fat analysis

Breast cancer

Testicular cancer

Personal hygiene/skin care

Health Careers

First Aid

Infectious diseases

In addition, Minooka Fire Department ,Ortiz Eye, Provena, Haley Chiropractic, Massage Therapist, Acupuncture (Dr. Jake Wines), and Newsome Physical Therapy will also have displays set up.

The 7/8 PE department will be sending permission slips home with the students for them to have finger pricks for blood glucose and cholesterol checks..

Everyone is welcome to stop by the gym that day to check it out, including friends and family! All visitors should enter through the entrance by the gymnasium.

Any questions or comments, please contact Martha Heun RN at Minooka Junior High 467-2136, ext 3003 or email [mheun@min201.org](mailto:mheun@min201.org)