



ANNUAL METRON AVIATION  
**HEALTH & WELLNESS FAIR**

**Thursday, October 22nd**  
**11:00 am - 2:00 pm**

The Eight Dimensions of Wellness



- ⇒ **CPR/AED**
- ⇒ **Chiropractor**
- ⇒ **Acupuncturist & Reflexologist**
- ⇒ **Sun Damage Screening**
- ⇒ **Flu Shots**
- ⇒ **Nutrition**
- ⇒ **Blood Pressure Screening**
- ⇒ **Fitness**
- ⇒ **Men's Health**
- ⇒ **Women's Health**
- ⇒ **Pacer's Running**
- ⇒ **Financial/401K**
- ⇒ **Guardian**

**Fujasaki Lab– Dulles 2**

**See you there!!**

# Metron Aviation's Health and Wellness Month

## *TO YOUR HEALTH!*

VA Hospital Center	Sun Damage and Derma Screening
VA Hospital Center	Blood Pressure Screening
VA Hospital Center	Men's Health
VA Hospital Center	Women's Health
VA Hospital Center	Nutrition (hidden nutrients)
Cintas	CPR/AED
Safeway Pharmacy	Flu Shots
Pacers Running	Running and Endurance
Neck, Back & Beyond	Chiropractor, Acupuncturist & Reflexologist



### SUPPORT FOR HEALTHY LIFESTYLE

