

Anthem Health and Fitness Carnival at Fifth Third Field

Anthem Blue Cross and Blue Shield is extending a special invitation to McGohan Brabender clients on Saturday, September 20th, 2008. That day they will be hosting their second annual Health and Fitness Carnival at Fifth Third Field from 10 am – 2 pm. Entry is free. Activities, booths and events will include, but are not limited to:

- Screenings provided in part by Kettering Health Network
 1. Blood pressure testing
 2. Glaucoma screening
 3. Oncology information
 4. Sport medicine
 5. Sun damage awareness
 6. Flexibility testing
 7. Proper hand-washing techniques

- CPR, First Aid and water safety information provided by the American Red Cross
- Chair massages
- Children's Medical Center POWER Program
- FREE kids' bicycle helmets with fitting by POWER, 10:00 – noon, while supplies last; child must be present for proper fitting.
- Kids can receive an Ident-a-Kid identification card

- Demonstrations:
 1. 11:15 Dayton Gem City Jumpers
 2. 12:00 Studio Zumba
 3. 12:45 Boxing by Drake's Downtown Gym

- Analysis of your walking and running style
- Inflatable games
- Face painters and balloon artists
- Great raffle prizes (Nintendo Wii with Wii Fit game, exercise equipment, spa packages, Dragons autographed items)
- Tours of Fifth Third Field

The first 300 people in the park will receive a limited edition Jay Bruce bobble head doll.

If you have any questions, please contact your McGohan Brabender Account Representative at (800) 293-2347.