



# FAMILY HEALTH & SAFETY FAIR

INSIDE & OUTSIDE FUN!  
**SATURDAY, JUNE 2**  
**10 A.M. - 2 P.M.**

Join us in the parking lot outside the C building for our Wheel-O-Rama, a FREE community safety fair! This interactive and educational event will cover trauma, safety and injury prevention around wheeled vehicles - bicycles, trucks, ATVs and more! Sit in the driver's seat of a commercial 18-wheeler, learn about motorcycle safety, drive a remote control car while "dangerous" with drunk glasses, visit with our local public safety heroes and more!

COME CHECK OUT  
THE COOL EDUCATION  
AND EXHIBITS!

Anchorage Police Department – Rollover simulator, Impaired GO Cart, hummer and charger

Anchorage Fire Department – fire engine, jaws of life

Alaska State Department of Public Safety – tour the "Helo 3" helicopter

Carlisle Transport – Commercial Truck and Trailer

Alaska Trucking Association

Motorcycle Safety

Eagle River Polaris & Arctic Cat – 2 person ATV & Side-by-Side vehicle

Blood Bank of Alaska - Life Mobile

Stop the Bleed, Start a Heart training (tourniquets and Hands-Only CPR)

Jello brains and helmet safety

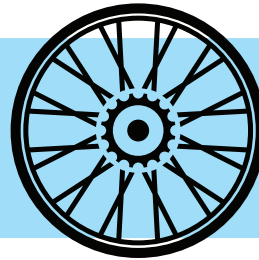
Safety Spin Wheel

Alcohol Clock and Drunk and Dangerous Driving

Popcorn, hamburgers and hot dogs for lunch

Photo booth fun, balloon twister!

WHEEL -



- RAMA

## WHEEL-O-RAMA SAFETY FAIR & KID'S BIKE SAFETY RODEO

Help little bicyclists improve their skills – great for beginners (training wheels) to intermediate (approximately 11 years old). This skills course provides an opportunity for kids to learn about road safety and bike handling through six different stations, from bike and helmet fit to dodging "rocks" and doing figure 8's!

Trained mechanics from Speedway Cycles will do safety inspections on all bikes prior to the rodeo. To participate, bring your children, as well as their bikes and helmets!

## THANKS TO OUR GENEROUS SPONSORS!

Thanks to the Trek Bicycle Store, the Alaska Regional Hospital Auxiliary and Anchorage Elks Club for support of this event!



**ALASKA REGIONAL**  
H O S P I T A L

Alaska Regional Hospital - 2801 Debarr Road, Anchorage, Alaska 99508

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# ALASKA REGIONAL HOSPITAL **FAMILY HEALTH & SAFETY FAIR** SATURDAY, JUNE 2 FROM 9 A.M. - 1 P.M.

Join us inside the hospital for health education, activities and family fun. Relax with a chair massage. Meet and greet a Therapy Dog. Meet our robots and learn about robotic surgery. Take a tour of the cath Lab. Test your knowledge while playing health education games. Kids can bring their teddy bear or plush toy for a checkup at Alaska Regional's Stuffed Animal Clinic, where friends get the "beary best" care. Learn to be a "Germ Fighter." Get your little one's booster seat checked, and older folks can take a test to check their risk for falling and much more!

## FREE HEALTH SCREENINGS

Free lab work available between 9 a.m. and 1 p.m. (*no fasting required*)

Lipid Panel (total cholesterol, HDL, LDL, triglycerides) HbA1c (average blood sugar)

*Please pre-register for lab work. Call 264-1722 or visit [alaskaregional.com/classes & events](http://alaskaregional.com/classes&events).*

## BIOMETRIC SCREENINGS

Annual screenings may provide valuable insight on current and potential medical issues, and risk for chronic preventable diseases.

- Blood pressure and pulse
- Height, weight & BMI (Body Mass Index)
- Waist circumference
- % of Body Fat

## EDUCATION AND EXHIBITS!

Teddy bear/stuffed animal clinic

Medication safety

Municipality of Anchorage Aging & Disability Resource Center

Dept of Military & Veterans Affairs - Emergency Preparedness

Anchorage Senior Activity Center

AARP

doTERRA Essential Oils

Alzheimer's Association

Alaska Kidney Foundation

Yellow Dot Program and Project Life Saver

Pacific Northern Academy Summer Camps

Life Alaska Donor Services

Unmasking Brain Injury

Special Olympics



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