



September 14
10 a.m. – 2 p.m.

**Memorial Park
Community
Center**
510 Bert Street

- WE'VE GOT -
YOUR GAME TICKET
To Kick, Block, & Tackle

Blood Pressure



Open to All Ages

Get in the Game – Dress in your favorite team clothing

Playbook

Sample "Heart Healthy" Tailgate Goodies!

Commercial Break Fitness Demos!

Wii Gaming Fun!

Football Challenge and Trivia!

Prize Drawings!

BMI and Blood Pressure Screening!

Mountain States Health Alliance Inflatable Heart!

**Health Education – Weight Management,
Nutrition, Cholesterol, Medications!**

For More Information Call: Memorial Park Community Center

Recreation Services – 423-434- 5749 Senior Services – 423-434-6237

Thanks to our Sponsors – ETSU Nursing, Mountain States Health Alliance, Walgreens