This program strives to get the community involved to promote a healthy lifestyle and fun physical activities including being active in the community, in school, and with family. Health screenings will be provided by nursing students and supervised by the nursing faculty.

The Fitness Challenge and Health Screening event will provide participants with:

- Resources for a healthier lifestyle
- Hands-on activities to promote cardiovascular health
- Knowledge from health professionals regarding diet, exercise, and lifestyle
- Flu Vaccinations

Health Screenings:

- Dental Screening/X-rays
- Blood Pressure
- Blood Glucose
- Body Mass Index
- Cholesterol Test
- Hazardous Airway
- Demonstration Smoker vs. Non-smoker
- Homeopathic Pharmacist Electrodermal Analysis Testing

Current COVID-19 safety procedures will be in place.