



# Bassett Army Community Hospital

Presents

## Ready in Red

### Women's Health Fair

Saturday, February 11 ○ 9 a.m. to 2 p.m.  
at Bassett Army Community Hospital

**9 a.m.**

**The Right Nutrition, Ms. Liz Anderson**

Healthy dietary intake and weight loss.

**10 a.m.**

**Fertility, Dr. Jen Mathieu**

Preparing for pregnancy; infertility.

**11 a.m. and noon**

**Women's Health: What's Hot, What's Not, MAJ Liz Nutter**

First line birth control, cancer prevention and new PAP guidelines.

**11 a.m. and noon**

**Preparing for Redeployment, Ms. Cheri Weber**

What to expect and how to prepare for your returning loved one.

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#### Patient Walk-In Appointments\*

- Contraception
- Blood Pressure Review
- Health Exam
- Mammogram Referrals
- Plan for Cholesterol Screening
- Infertility
- Life Changes

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#### Activities

- Hula for Heart Competition - 10:30 a.m.
- Jump Rope for Heart Competition - 11:30 a.m.
- Prize Raffle - 12:30 p.m.
- Zumba - 1 p.m.

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#### Info Booths

- Nutrition
- Pharmacy
- Arctic Health Link
- ACS
- Primary Prevention

For more information, call 361-5172

Free pedometer to first 25 women through the door

\*Appointments for TRICARE beneficiaries only