

Free

Community Health Fair & Food Tasting!

December 6, 2014 • 9:00am - 1:00pm

A FREE Day of Fitness, Food & Fun!

Health Screenings & Information

PROVIDED BY THE STAR & BARRY TOBIAS HEALTH AWARENESS CENTER / STUDENT HEALTH AWARENESS / NOVO NORDISK DIABETES CENTER

- Glucose Screening (9:00am - 11:30am) • Nutrition Education with RD
- Smoking Cessation Information • Diabetes Education • Sleep Center
- Stress Management • The Statesir Cancer Center at CentraState
- Pediatric Education • The Gloria Saker Women's Heart Program
- Pulmonary Rehab • Brielle Orthopedics • Emergency Department
- Family Practice of CentraState • Women's Center/Diagnostic Imaging
- CentraState Community Health Plan • Dr. Seun Sowemimo, Bariatric Surgeon
- Dr. Aly Cohen, Integrative Medicine and Environmental Health
- Advanced Orthopedics and Sports Medicine Institute
- Dr. Steve Weintraub, Sports Medicine NJ

• Flu Shots* (9:00am - 11:30am) Cost is \$23.00
Must be age 4 and older. Receipts given for insurance purposes if needed.

PROVIDED BY OCEANFIRST REHABILITATION CENTER

- Balance & Gait Screening

PROVIDED BY THE CENTRASTATE FITNESS & WELLNESS CENTER

- Body Fat • Blood Pressure • Functional Movement Screening

Group Fitness Classes

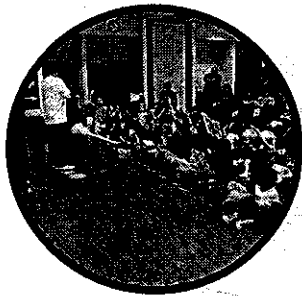
- Pilates Barre • Belly Dancing • Zumba® • Salsa
- Pilates Reformer Stretch Clinic • Small Group Training Demos

Family Fun

- Eliot the Super Magic Man • DJ AJ
- Kids Obstacle Course
- Fashion Show by SPORTNDUCK and Lola's
- Reformer Studio Open House with Mocktails
- Healthy Cooking Demo • Kids Classes + More!

DON'T FORGET TO BRING YOUR BATHING SUIT & TOWELS FOR THESE FREE TRIALS!

- Synchronized Swimming • Swim Lessons Demos
- Stroke Analysis • Pretesting for Lifeguard Course
- Scuba Demos: 10:00am - 11:00am • Aqua Bootcamp



CentraState Fitness & Wellness Center

901 W. MAIN STREET | FREEHOLD, NJ 07728 | WWW.CENTRASTATEFITNESS.COM | 732.845.9400