



# Neighborhood House

Strong Families. Strong Communities. Since 1906.

Regence BlueShield presents:

# Health Summit

## at High Point

Friday August 20<sup>th</sup> 5:00 – 8:00 p.m.



### Receive FREE services from health professionals

- Blood pressure checks
  - Chiropractor
  - Rapid HIV Testing
  - Fitness Resources
- Weight and body fat measurement
  - Vitamin D Workshop
  - Hepatitis B Workshop
  - Healthy Living Workshop
- Tobacco Prevention Games
  - Teens Against Substance Abuse Workshop
- Health information tables
- "Ask a Doctor" and more...

~ Healthy Food ~

~ Raffle Prizes ~

~ Entertainment ~

~ Giveaways ~

#### Sponsored by:

Neighborhood House  
 Seattle Housing Authority  
 Queen Deli  
 (additional hosts to be announced)

#### Participating Agencies:

APICAT  
 Harborview Hospital  
 Neighborcare Health  
 Taing Chiropractic  
 Walgreens  
 Within Reach



Presented by:



# Regence

Regence BlueShield is an Independent Licensee of the Blue Cross and Blue Shield Association

**Neighborhood House High Point Center**  
**6400 Sylvan Way SW, Seattle WA 98126**

Interpreters available in Khmer, Somali, Spanish, Vietnamese and other languages  
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