



# **Vampires Health Event**

**Make your Halloween special by getting a FREE blood check!**

This event includes the following FREE health assessments:

- Height, weight, body mass index, % body fat
- Blood sugar check
- Lipids/cholesterol check

\* No RSVP required, Just feel free to walk in!

\* For better understanding of your blood results, we recommend you to come in fasting (no food/drink intake except water for 6-10 hours, aiming for at least 8 hours of fasting is recommended).

## **Clinical Nutrition Research Center**

Institute for Food Safety and Health/Illinois Institute of Technology

**Event Location: IIT Tower, 10 West 35<sup>th</sup> Street, 3<sup>rd</sup> Floor**

**Event Date/Time: October 31, 2016 8:00am – 3:00pm**

Questions? Please call 312-567-5300 or email [freemanstudies@iit.edu](mailto:freemanstudies@iit.edu)