

**FREE &
Open to
the Public**



BEWELL

MOVE WELL. THINK WELL. EAT WELL.

Presented by Independence School District & City of Independence Health Department



Wellness & Health Expo

William Chrisman High School | 1223 N. Noland Rd, Independence

FREE SERVICES

- Sports Physicals for ISD Middle and High School Students Only
- Q & A with Physicians, BMI assessments
- Blood Pressure Checks, Foot Screenings
- Postural Screenings, Chair Massages
- Dental Screenings / Mobile Market
- Financial Assistance / Education
- Stress Management

AND MUCH MORE!

FAMILY FRIENDLY EVENT

- Healthy Food
- Goodie Bags
- Giveaways
- Raffles
 - Garmin VivioSmart
 - Garmin Vivofit
 - FitBit Charge
- Entertainment
- Prizes



Gold Sponsors



Silver Sponsors



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The Groves

Questions? Please contact Independence School District Wellness Department
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