Curious About Your Body Composition? Schedule a Screening!

Ten minutes is all it takes to learn your body fat percentage, how it relates to your overall health, risk for diseases, and how to make improvements.

Monday, August 24
War Memorial Hospital

This screening is quick and painless, but you will need to be able to take off both shoes and socks. This is not for people who have a pacemaker or are pregnant.

- Open to Valley Health employees and community members
- Screenings offered by appointment only
- $15 fee (discounts for Valley Health employees)

Call 800-662-7831 or 540-536-3044 to book an appointment.