



# THE MAC | EAST HILLS ORCHARD HILLS

## The Fifth Annual Health & Fitness Fair

*Sponsored by the Michigan Athletic Club and East Hills Athletic Club*

---

**Free health screening, giveaways, door prizes and much more!**

---

***New this year!***

**Advanced Screening\*** — Vascular and Heart Screening services offered on-site. *\*Prior registration required. Fees apply. Call for details: (800) 541.8110*

**Advantage Health Physicians** — Bone density screening

**biocorrect™** — Custom foot orthotics lab offering Biomechanical Evaluation, foot orthotic recommendation, shoe recommendation, custom orthoses fabrication

**GR SportsCenter** — Golf analysis, flexibility testing

**Gazelle Sports** — Running apparel and shoe recommendations

**The Lacks Cancer Center at Saint Mary's** — Cancer Well-fit™ exercise program, cancer screening

**Leukemia Society** — Team in training program

**The MAC & East Hills** — Fitness demonstrations, fitness testing, chair massage, pilates reformer demonstration, nutritional information and healthy snacks

**Mary Free Bed** — Custom foot orthotics and custom shoes

**Saint Mary's Center for Diabetes & Endocrinology** — Blood glucose testing, Diabetes Wellness Program

**Tobacco Free Partners** — Smoking Cessation programs

**The Wege Institute: Mind, Body and Spirit** — Hot stone therapy, Thai massage, Thai herbal massage, neurofeedback, Chinese facelift, and holistic health care

**Weight Watchers®** — New Weight Watchers Family program information

**Saturday, January 13, 2007**

From 9 a.m. – noon at The MAC, 2500 Burton Street SE  
For more information, contact Kristi Tuck at 956.0944, extension 247.