



**Mary Hayashi**  
ASSEMBLYMEMBER, 18TH DISTRICT

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**PAID**  
STATE OF CALIF.  
ASSEMBLY

4TH ANNUAL

# *Women's Health Fair*

**Saturday, May 7, 2011**

10 a.m. to 2 p.m.

Chabot College  
Building 700 - Event Center  
25555 Hesperian Boulevard  
Hayward, CA 94545

4TH ANNUAL

# *Women's Health Fair*



**Saturday, May 7, 2011 — 10 a.m. to 2 p.m.**

**Please join**

***Assemblymember Mary Hayashi for the***

4TH ANNUAL

# *Women's Health Fair*

**Saturday, May 7th**

**Activities of Interest:**

- Receive free health screenings
- Hear about nutrition facts every woman needs to know
- Talk to health professionals
- Obtain the latest in women's health information





## California State Assembly

### MARY HAYASHI

CHAIR, ASSEMBLY COMMITTEE ON BUSINESS,  
PROFESSIONS AND CONSUMER PROTECTION  
ASSEMBLYMEMBER, 18TH DISTRICT

Dear Neighbor:

In observance of Mother's Day and the month of May being Women's Health Month, now is a great time for mothers and daughters to come together and focus on healthy living. You are invited to attend the 4th Annual Women's Health Fair at Chabot College in Hayward. This free fair provides you with an opportunity to become better informed about women's health issues, access important health screenings, and learn positive steps towards building and maintaining an active, healthy lifestyle.

Staying informed on women's health concerns and receiving the latest information is key to achieving optimal health. A great resource for Californians is the Office of Women's Health which provides policy and research to raise awareness and reduce the incidence of preventable diseases. Now more than ever, it is important to understand the facts surrounding your health and take an active role in its improvement.

To learn more about important women's health issues, visit the district website at [www.asm.ca.gov/a18](http://www.asm.ca.gov/a18). It is an honor to serve the constituents of the Assembly District.

**Capitol Office:** State Capitol • P.O. Box 942849  
Sacramento, CA 94249-0018 • (916) 319-2018 • Fax: (916) 319-2118

**District Office:** 22320 Foothill Boulevard, Suite 540  
Hayward, CA 94541 • (510) 583-8818 • Fax: (510) 583-8800

**E-mail:** [Assemblymember.Hayashi@assembly.ca.gov](mailto:Assemblymember.Hayashi@assembly.ca.gov)

**Website:** [www.assembly.ca.gov/a18](http://www.assembly.ca.gov/a18)

### Free Health Screenings Scheduled for:

- Balance
- Blood Glucose / Diabetes
- Blood Pressure
- Body Mass Index
- Bone Density
- Cholesterol
- Dental
- Hearing
- Mental Health Well Being
- Peripheral Neuropathy
- Stress Scan
- Vision



**In Honor of May being  
Women's Health Month,  
and in cooperation with  
St. Rose Hospital and Chabot College,**

**You're invited to the**

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### Speaker Series on the Following Topics:

- Preparing Healthy Meals and Snacks
- Weight Loss and Achieving Optimal Health
- Exercise Techniques at Home and Outdoors

### Health Exhibits from Community Organizations

**FREE ADMISSION** – advance reservations are required by calling (510) 583-8818 or by visiting [www.adc.asm.ca.gov/ya](http://www.adc.asm.ca.gov/ya).

Free Parking, Park in Lots G, F, and E



### Public Transportation Available:

- From BayFair BART station, transfer to AC Transit Bus 97 Southbound.
- From Downtown Hayward BART station, transfer to AC Transit Bus 22 Counterclockwise.

Special accommodations can be made for the deaf and hard of hearing with 72-hours notice. • Light refreshments provided.