







Community Festival of Health







FREE COMMUNITY EVENT

Saturday, June 3, 2023 • 10am - 2pm

FIBCO Family Services, 1141 E. Jefferson St., Phoenix

-  **Games**
-  **Food & Drink**
-  **Raffles & Prizes**
-  **Music**



-  **Health Screenings**
-  **Blood Drive**
-  **Crisis Training Classes**
-  **Activities for All Ages**

We Are Grateful To Our Community Partners

A.T. Still University | BCBS Arizona Foundation | Terros Health | American Red Cross | ArchWell Health
Gregory's Fresh Market | ICSAVE | Maricopa County Public Health | Adelante Healthcare
Our Sister Our Brother | Mountain Park Health Center | NAACP | BNA | WomenHeart | Lyft

www.FIBCO.org

THINGS TO DO at the FIBCO Community Festival of Health

June 3, 2023, at 1141 E. Jefferson St. Phoenix AZ 85034

Doors Open/Check-in: 9:45a.m. – 1:45p.m.

Check the activities rooms schedule, sign up for drawings, get your bag to carry your goodies.

Water, drinks, and snacks: Available throughout the Festival site 10:00 a.m. – 2:00 p.m.

Visit the exhibits/representatives: Resource information about the topic(s) of interest to you!

Prize Drawings: at 10:45 11:45 12:45 1:45

Fresh food bags: courtesy Gregory's Fresh Market (limited distribution to first forty attendees)

Lunch bags: - courtesy FIBCO family Services

Sporting Goods/ Athletic items giveaway: courtesy Our Sister Our Brother

Blood pressure checks: between 10:00 a.m. and 2:00 p.m. – Black Nurses Association

Dental screenings: between 10:00 a.m. and 2:00 p.m. - A.T. Still University

Narcan Training: Terros Health (10:15a.m. and 12:15p.m.) According to AZ department of health services, nearly 250 people have already died from opioid overdoses already in AZ. Terros Health is training people across AZ how to use a lifesaving medication (Narcan) to reverse the effects of opioids overdoses and save lives.

Red Cross Blood Drive: Red Cross - 10:00 a.m. – 2:00 p.m.

"Meeting People Where They Are": Terros Health 11:30 a.m. and 1:30 p.m.

Food preparation/demonstration(s): between 11:00 a.m. – 1:00 p.m. – LaVern Calvin- Stevenson

"Oh, Say Can You See": Vision Screening - Effie Godbold, RN 10:30 a.m. – 1:30p.m.

"Can You Hear Me Now" Hearing Screening - A.T. Still University 10:30 a.m. – 1:30p.m.

"What Can I Do": Info session for Dementia/Alzheimer's caregivers - 11:00 a.m. and 1:00 p.m.

"OMG What Happened!?: CPR basics, "Stop the Bleed"; *What you can do BEFORE 911 responders arrive*

Movement Music and Health: Using the power of Music for strengthening your physical and mental Health;
Learn simple Movements that you can do no matter your age
and/or ability for building a stronger healthier body.



FREE Ice cream: 11a.m. - 1:00 p.m.

Visit our website!

**While quantities last; times subject to change; final schedule and room, posted and available at check in;*