

EXHIBIT L

COMMUNITY HEALTH FAIR

Lower Umpqua Hospital District's ANNUAL health fair

9/14/2018

Mark your calendars for September 14, 2018 - This is an event you don't want to miss!



**Lower Umpqua
Hospital District**
Personalized Care Since 1919

Friday, September 14th • 11 am to 2 pm
Reedsport Community Building
451 Winchester Ave, Reedsport

Prize
Drawings
every
1/2 hr *



Centennial Celebration 1919 - 2019

Health & Safety Vendors

AARP Food Pantry
ADAPT
Alcoholics Anonymous
American Red Cross
Arbonne Ind. Consultant
LUH Auxiliary
Coastal Douglas Co. C.E.R.T.
Compass Behavioral Health
Dial A Ride
Douglas Co. Senior Services
Dunes Family Health Care
Dunes Memorial Chapel
Dynamic Hearing Solutions
Family Resource Center
First Interstate Bank
Fullhart Insurance
Herbalife Nutrition - Ind. Dist.
Highland Pool
Jordan Cove LNG
Life Flight
Lower Umpqua Hospital Services
Lower Umpqua Senior Center
Osburn Veterinary Clinic
Over Eaters Anonymous
Pacific Home Health & Hospice
Reach (AirMedCare Network)

Reedsport Massage
Reedsport Medical Clinic
Reedsport Police Dept
- SRO Program
Seventh Day Adventist
Church
South Coast Hospice

FREE

**Blood Pressure
Checks**

Glucose Test

LUNCH

Balloons

Animals

Bicycle Rodeo

Helmet Give-Away & Fittings
for Kids & Youth



while
supplies
are
available



Sponsored by:

Jordan Cove - Pacific Connector Grant
Reedsport Police Department
Lower Umpqua Hospital District

Bring your bicycle and join us in the parking lot between the Police Dept. and City Hall.

Tours

LUHD Ambulance
US Coast Guard

BINGO

Come Play & Win Prizes
LUHD Auxiliary Fundraiser
in the City Council Chambers

Chair Massages

Reedsport Massage will be offering a 10 minute chair massage for \$6. From every massage, \$1 will be donated to the LUH Auxiliary.

Lower Umpqua Senior Center 460 Winchester Ave, Reedsport

- Flu Shots through Rite-Aid 12 - 2 pm
- Bring your insurance card
- Staying Active Booths
- Want to display your hobbies or craft items? For a Free Booth contact Karen Robertson at Douglas County Senior Services
kjrobert@co.douglas.or.us • 541-271-6211

Farmers Markets

Two Farmers Markets in Old Town

Visit Old Town

Reedsport Businesses

* Must be present to win the prize drawings.

Updated 8/14/2018

VENDOR CODE: 115976
ATTENTION: ACCOUNTS RECEIVABLE /
LOWER UMPQUA HOSPITAL DISTRICT
600 RANCH ROAD
REEDSPORT OR 97467

PAYMENT NUMBER: 2000000450
PAYMENT DATE: 07/06/2018

We have cleared the items listed below with document 2000000450.

Document	Your document	Date(Y/M/D)	Discount Amt	Gross Amount	Net Amount
1900000375	18-06 GRANT	06/26/2018	0.00	575.00	575.00
Sum total		USD	0.00	575.00	575.00

Payment Advice Remittance Detail Report

The information contained in this facsimile message is legally privileged and confidential and intended only for the individual/entity named. If the reader of this message is not the intended recipient, any dissemination, distribution or copying is strictly prohibited. If you have received this error we would appreciate your notifying the Accounts Payable department at 403-231-7500 or at 1-888-428-3222.

Lower Umpqua Hospital District's ANNUAL health fair



LOWER UMPQUA
HOSPITAL DISTRICT

Friday, October 25, 2019 • 11 am to 2 pm
Reedsport Community Center
451 Winchester Ave, Reedsport



Centennial Celebration 1919 - 2019

Health & Safety Vendors

- AARP Food Pantry
- Aidan Senior Living
- American Red Cross
- CASA of Douglas County
- Compass Behavioral Health
- Douglas Co. Coast C.E.R.T.
- Dial A Ride
- Douglas Co. Senior Services
- Dunes Family Health Care
- Essential Oils & Products
- First Interstate Bank
- Fullhart Insurance Agency
- Great Afternoons/Beginnings/
- South Coast Headstart
- Highland Pool
- HIV Alliance & Douglas Health
- Lower Umpqua Hospital Services
 - Auxiliary
 - Family Resource Center
 - Mammography/Breast Health
 - Rehabilitation
- Lower Umpqua Senior Center
- Pacific Home Health & Hospice
- Reedsport Medical Clinic
- Reedsport Police Dept -
 - School Resource Officer

FREE

**Blood Pressure
Checks**

Glucose Test

LUNCH

Saif Corporation
South Coast Hospice &
Palliative Care Services
TOPS - Weight Loss Support

Free Lunch & Learn

12 noon • City Council Chambers



Objectives:

- ◆ The obvious and the subtle aspects of wellness
- ◆ How to engage for self care
- ◆ Community options for optimizing health and longevity

Presenter: Elizabeth Zdunich, DNP



Dr. Liz Zdunich completed her Doctorate in Nurse Practice from the Florida State University in Tallahassee and she is Board Certified as a Family Nurse Practitioner. She joined Dunes Family Health Care in May 2018.

Lower Umpqua Senior Center

460 Winchester Ave, Reedsport

- Flu Shots through Rite-Aid 12 - 2 pm
 - * Bring your insurance card
 - Crafty Seniors See and Sell Event 10 am - 3 pm
- Reserve a space at 541-271-6211 - Cost \$10

**Enter to Win
FREE
Balloon Animals
Created by Bursting with Joy**

