

# TWELVE COUNTIES SOUTHWESTERN ILLINOIS DISTRICT COUNCIL LABORERS-EMPLOYERS COOPERATION AND EDUCATION TRUST

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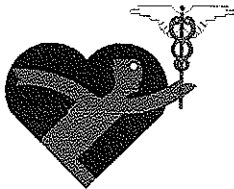
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# HEALTH & SAFETY FAIR

Dear Local Union Member:

The Twelve Counties Southwestern Illinois District Council LECET in conjunction with the Laborers' Health & Safety Fund of North America invite you and your family to a Health & Safety Fair on Saturday, February 18, 2012 from 7:00 a.m. to 12:00 p.m. in the West Wing of the Gateway Center, One Gateway Drive, Collinsville, Illinois (map on reverse side). **DOORS WILL OPEN AT 7:00 A.M. PLEASE USE WEST ENTRANCE.**

**Various Free Screenings will be available to your family at this event!** LECET has made arrangements with Gateway Regional Medical Center for the following optional blood tests to be available: **Wellness Profile Blood Test** and a **Prostate-Specific Antigen (PSA) Blood Test** which is available for men 40 years of age or older. **THE WELLNESS PROFILE BLOOD TEST AND THE PSA WILL BE FREE OF CHARGE.** Members and their spouses wanting to take advantage of these blood tests will need to pre-register by returning the enclosed postage paid response form by February 1, 2012 (PLEASE RETURN THE FORM EVEN IF YOU WILL NOT BE HAVING THE BLOOD TESTS. THE REGISTRATION FORM IS TO ASSIST IN MINIMIZING THE WAIT TIME ON THE DAY OF THE TESTING.)

The Wellness Profile includes a lipid panel, iron and glucose test. If you will be having the Wellness Profile done you will need to do the following: **Must fast for at least 8 hours and no more than 10 hours; no food or drink, except water, clear tea, or black coffee; take all necessary medicines with a sip of water.** We will have food and beverages for you after your test. **It is very important that you return the response flyer in order to have the necessary staffing.**

Also available again in 2012 is the Carotid Artery Screening! This screening is available to you free of charge! **APPOINTMENTS ARE REQUIRED TO MINIMIZE THE WAIT TIME ON THE DAY OF THE TESTING.** It is very important that you call Life Line Screening and make your appointment in order to have the necessary staffing. **No screenings will be given to anyone without an appointment.**

Activities for children will include a supervised area with arts and crafts and a "bounce house", the Scottish Rite will be doing "Child Safety" program which includes fingerprints and photograph of your child at no charge, local State's Attorneys Offices in cooperation with their respective Sheriff's Departments will also be present. Various health related associations and consumer organizations (Central Laborers' Welfare & Pension Funds, Southern Illinois Members Assistance Program, NPA, Retirees Council, County Clerks) will be providing information and/or will have representatives in attendance to answer your questions. Food and beverages will be provided throughout the day. LIUNA Local Membership Card will be required for admittance. For more information contact your local union. You will also be able to find these forms on our website: [www.swildc.com](http://www.swildc.com)

Attendance Prizes every 15 minutes at various locations



## Please complete and return by February 1, 2012!

Members Name \_\_\_\_\_

Local Union # \_\_\_\_\_

Members Email \_\_\_\_\_

Yes, my family will attend the Health Fair

No, my family will be unable to attend the Health Fair

\_\_\_\_ Number of people in my family that will attend

Below are Registration forms for Wellness Profile and PSA tests. Please fill out one form per person receiving tests. If additional space (forms) are required, please use a separate piece of paper and include all requested information. PLEASE RETURN ALL INFORMATION IN THE PRE-ADDRESSED POSTAGE PAID ENVELOPE EVEN IF YOU DO NOT PLAN ON ATTENDING. THANK YOU!

### Wellness Registration form for Health Fair February 18, 2012

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Social Security Last 4 digits \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

I plan to participate in the following:

Wellness Profile (fasting)

PSA

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Social Security Last 4 digits \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

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**LIFE LINE SCREENING®**  
*The Power of Prevention*

**Southwestern Illinois Laborer's Union will  
host Life Line Screening on February 18!**

**Take control of your  
health...**

**Date**

February 18, 2012

**Time**

Screenings will be offered  
from 7 a.m. – 2 p.m. this year  
by appointment only!

**Additional Info:**

Due to long lines in the past,  
we are taking appointments  
for the carotid artery/stroke  
screening this year! Please  
make sure you call or email to  
register at **636-399-4753** or  
**ltrost@llsa.com**.

**Carotid Artery/  
Stroke Screening**

The carotid artery/stroke screening  
procedure is simple, painless, and  
non-invasive. You will be asked to lie on  
your back on an exam table. After  
applying gel to your neck, the  
technologist will move an instrument  
called a transducer on your neck to  
create images of the carotid arteries  
and assess the rate of blood flow within  
them. This sonogram technology helps  
see inside your arteries to detect  
potentially dangerous plaque buildup  
that is the leading cause of stroke.

**Call 636-399-4753 or ltrost@llsa.com and schedule  
your carotid artery screening!**