

ANC 2013 WELLNESS VILLAGE

Sponsored by Forrest T. Jones & Company

Forrest T. Jones & Company has been SNA's insurance partner for 30 years. SNA member insurance plans include automobile, homeowners, health, disability, medicare supplement, dental and more. A representative will be available to discuss all your insurance needs.

American Heart Association

The mission of the American Heart Association is to build healthier lives free of cardiovascular diseases and stroke.

As we all know, the health of Americans is at its worst in history and heart disease and stroke remain the number one and number four killer of all Americans. Cardiovascular diseases are largely preventable and typically traced to obesity, smoking and unhealthy diets.

Today, about one in three American kids and teens is overweight or obese; nearly triple the rate in 1963. With good reason, childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking. Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels. There are also psychological effects: Obese children are more prone to low self-esteem, negative body image and depression.

In response to these staggering statistics, in 2010 the American Heart Association announced an aggressive 2020 Impact Goal: To improve the cardiovascular health of all Americans by 20%, while reducing deaths from heart disease and stroke by 20%.

A representative will be available to discuss:

1. Childhood & Adult Obesity
2. Nutrition & Physical Activity
3. The Importance of Having a Blood-Pressure & Cholesterol Reading
4. "My Life Check" Assessment Program
5. Programs for Schools

American Red Cross

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.

Learn to save a life - Red Cross skills are important for everyone in the community, whether you're at work, caring for children or relaxing with friends or family. Red Cross classes meet OSHA and the National Safety Council regulations and are delivered by outstanding instructors to ensure that you receive the highest-quality training. We deliver Red Cross CPR, First Aid and other classes to your workplace or location. Visit our Full Service Program page for more information. Let Us Bring Red Cross Training to You!

American Red Cross onsite group and workplace training is a full-service program that provides the flexibility you need to get a group of people trained easily and conveniently at your location.

Our CPR and First Aid Certifications are now valid for 2 YEARS. Through participation in our health and safety training, you enable the American Red Cross to provide lifesaving programs and services within our community.

Tanita Corporation

Tanita body composition analyzer/scales provide detailed body composition analysis – weight, impedance, body fat%, body mass index, fat mass, fat-free mass and more, all without the inconvenience of more intrusive traditional measurement methods.