



# Men's Health Night

Thursday, June 13 • 6 to 8 p.m.

Church of the Shepherd  
1600 Har-Ber Road • Grove, OK 74344

Join us for an informative night focused on men's health. Hear from local leaders and learn what you need to do, to live your healthiest life.

**Tyson Trimble, D.O.** – Achy joints, how diet affects joint health

**Stan Crawford, D.D.S.** – A personal testimony on the effects of sleep apnea

**Mark Londagin** – How a simple screening saved his life

**Jim Rutter, M.D.** – Top health concerns for men

- Heavy hors d'oeuvres; racing boats and classic cars on display
- Drawing for a \$500 gift certificate and more
- Free Health Screenings at the Lions Club Mobile Care Clinic: Glucose, Cholesterol, BMI, Blood Pressure and more
- Free PSA blood draw for the first 40 men (\$15 thereafter)
- Health, wellness and community resources information

**INTEGRIS**

Grove Hospital

*Presented in partnership with the following organizations.*

