

# 2012 Ridgeview Friends & Family “Come Together”

Ridgeview Foundation announces its 8th annual healthy living event, hosted by Safari Island Community Center. Join us for this FREE event to promote health, wellness and safety of all ages in the communities of Ridgeview Medical Center and Clinics!

**Saturday, March 24, 2012**

**Safari Island Community Center • 1600 Community Drive, Waconia  
9 a.m. to 12 p.m.**

## Explore, Learn and Discover for Fabulous Door Prizes by Visiting the Following Exhibits:

Visit exhibits to find information on many topics, including active aging and senior services, brain fitness and function, bullying, childhood and teen years, community health, diabetes, emergency response and care, energy efficiency and air quality, fire safety, healthy eating, integrative and holistic medicine, mental health, organics/food allergy alternatives, physical fitness, prescription safety and poison control, specialty care and clinics, substance abuse, and much more!

- American Cancer Society/Relay For Life Waconia
- Artful Brew Tea
- Carver County Library
- Carver County Public Health
- Carver–Scott Breastfeeding Coalition
- Carver–Scott Crisis Mental Health Team
- Chaska Community Response Team (C.E.R.T.)
- City of Waconia Commission on Aging
- Class 5 Energy
- Encore Adult Day Care
- FBI/Infraguard
- Food Allergy Awareness Supporters (F.A.A.S.)
- Hazelden
- Help Me Grow Carver County
- Mackenthun’s Fine Foods
- Medical Reserve Corps of Carver County
- Midwest Dairy Association/Carver County Dairy Association
- Northland Counseling Services
- Yoga Prairie, LLC
- Reiki: Gene Linder and Sandra Mellgren

- Ridgeview Medical Center and Clinics
  - ◆ Ambulance Services
  - ◆ Bariatric & Weight Loss Center
  - ◆ Clinics: Primary care and Specialty care including audiology, dermatology, endocrinology, gastroenterology, nephrology, oncology/hematology, otolaryngology (ENT), podiatry, pulmonology, rheumatology
  - ◆ Foundation
  - ◆ Home Health Services
  - ◆ Home Medical Equipment
  - ◆ Nutrition Services
  - ◆ Pediatric Integrative Medicine
  - ◆ Pharmacy
  - ◆ Regional Diabetes Education Collaborative
  - ◆ Rehab Specialties and Pediatric Rehab
  - ◆ Research
  - ◆ Sleep Disorders Center
  - ◆ Spa Therapy
  - ◆ Pediatric Integrative Medicine
  - ◆ Volunteer Services
- Safari Island Community Center
- Scott-Carver-Dakota CAP Agency
- Twin Cities Orthopedics
- Waconia Fire Department
- Waconia HEROs Coalition
- Waconia High School Conservation Club
- West Suburban Teen Clinic
- Western OB/GYN Women’s Health Center
- Wayzata Children’s Clinic

**NEW! Youth in Motion Center for Children:** Focus on moving and having fun in stationed exercise for youth, including warm-up, obstacle course, and cool-down and relaxation.

## Schedule of Events

Throughout the morning:

- Complimentary Blood Pressure Readings
- Complimentary Chair Massages
- Cooking Demonstrations
- Healthy Snack Offerings

**9:30 a.m. SilverSneakers® Muscular Strength Range of Motion class**

**10:15 a.m. Live performance by Waconia Lakettes**

**11:15 a.m. Live Performance by Laketown Gymnastics**

**Memorial Blood Centers will be on site for a blood drive.** Walk-ins are welcome. To register for a time, please contact Ridgeview Foundation at (952) 442-6010 or visit <http://www.mbc.org/Donate-Blood/Search-Blood-Drives> Search by Sponsor Code 3506. Give the Gift of Life!



**FREE EVENT • ACTIVITIES FOR ALL AGES • FOOD • DOOR PRIZES**  
For information: Call (952) 442-6010 or visit [www.ridgeviewfoundation.org](http://www.ridgeviewfoundation.org)