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Cigna offers free health, skin cancer screenings in Mesa, Peoria

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(SUBMITTED)

Cigna's Health Improvement Tour mobile clinic will visit Mesa and Peoria this week.

Posted Tuesday, February 14, 2023 12:37 pm

INDEPENDENT NEWSMEDIA

Cigna's Health Improvement Tour mobile clinic will stop in Mesa and Peoria this week, offering free biometric health and skin cancer screenings.

Through biometric screenings, people can learn their blood pressure, blood sugar, cholesterol and body mass index.

“Knowing these numbers can help catch conditions like heart disease or diabetes early before they become more serious,” Cigna officials said in a release.

Health coaches will help people understand their results, explain how to take follow-up steps to improve their overall wellness and encourage them to discuss their results with their healthcare provider, the release stated.

“While these screeners aren’t a substitute for a regular physical exam by a health care provider, it may indicate possible risk factors that people can discuss with their doctors,” Cigna officials said.

The mobile clinic will be at Mesa Community College, 1833 W. Southern Ave., from 10 a.m. to 4 p.m. Wednesday, Feb. 15.

It will stop by Rio Vista Park, 8866 W. Thunderbird Road in Peoria, from 10 a.m. to 4 p.m. Thursday, Feb. 16.

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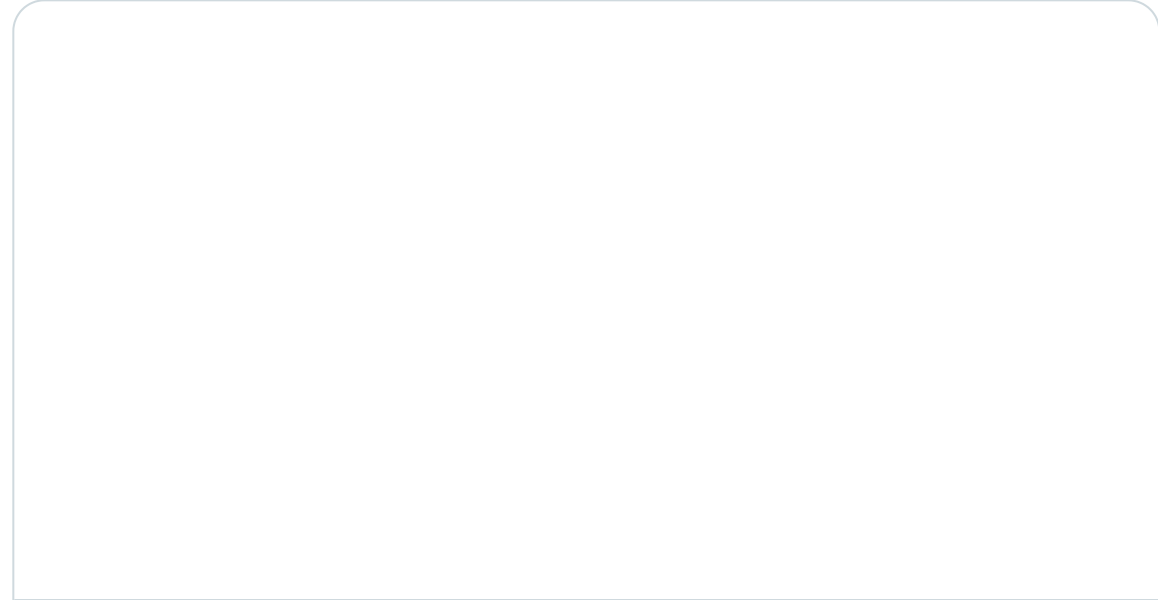
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Grieving Millennium girls basketball wins gritty Open game

CHANDLER - Three days later they played - and won - for Gabe. Millennium's girls basketball team played its Open Division game at Chandler Seton Catholic

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Since 1955, the Scottsdale Arabian Horse Show has been an important part of the international equine event calendar.

Held at Westworld of Scottsdale, the show brings together Arabian Horse aficionados, breeders and buyers, as well as businesses that cater to the Arabian Horse trade and small businesses in Scottsdale.

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