

# TIMEOUT For Veteran's HEALTH

**Tour the Redskins locker room...  
Get a player's perspective of FedExField...  
Be proactive about your health!**

**WHAT:** In recognition of Veterans Day, the Washington Redskins, GlaxoSmithKline, Men's Health Network, Prostate Cancer Education Council, and the American Heart Association are hosting a unique screening and education event in the Redskins team locker room at FedExField to encourage men and women military veterans to be proactive about their health.

Participating male and female veterans will have the opportunity to receive a comprehensive series of free health screenings including: cholesterol, diabetes, osteoporosis, blood pressure, prostate exams, body fat, grip strength, and patient health educational materials for men and women on various health conditions.

Be sure to bring your family and camera as you tour the Redskins locker room and get a "players view" of FedExField! We'll have games for your kids, snacks and refreshments, and discounts on Redskins retail merchandise!

**WHERE:** Redskins Locker Room, FedExField, Landover, MD

**WHEN:** Saturday, November 8, 2008  
10 a.m. - 3 p.m.

**WHO:** Military Veterans (Men and Women), all ages

Space is limited. Visit [www.redskins.com/healthandwellness](http://www.redskins.com/healthandwellness) or call 866-543-6461 ext. 120 to register.

***The best defense is a good offense.***



American Legion

American Veterans (AMVets)

Disabled American Veterans (DAV)

Iraq and Afghanistan Veterans of America (IAVA)

Military Officers Association of America (MOAA)

Military Order of the Purple Heart

National Association for Black Veterans (NABVETS)

Paralyzed Veterans of America (PVA)

Veterans Enterprise Training and Services Group (VETS group)

Vietnam Veterans of America (VVA)

Veterans of Foreign Wars (VFW)