



# **FREE HEALTH RISK ASSESSMENTS FOR DIABETES AND HEART HEALTH**

**Sunday 3rd May 2026**

Rotary Pioneer Adventure Day, Tailem Bend  
10am -3pm

Fat Farmers and the Flinders University International Centre for Point-of-Care Testing will be conducting free risk assessments for Type 2 Diabetes and Heart Health.

These voluntary quick and easy checks are performed on just a fingerpick of blood. You'll be asked to consent to the test, which will then take under 10 minutes to complete. They are a simple way to take charge of your wellbeing and gain some peace of mind—because knowing your risk is the first step to prevention.

Come along and get your free health check today!



FOR MORE INFORMATION VISIT OUR  
FACEBOOK PAGE BY SCANNING HERE

Project Approved by Flinders University HREC 8793



**Flinders  
University**

**International Centre for  
Point-of-Care Testing**

**FAT  
FARMERS**  
RURAL HEALTH INITIATIVE



**Government of South Australia**  
Preventive Health SA