PASSPORT TO WELLNESS

April 28, 2014
9:00 a.m. – 12:00 p.m.

201 North Church Street
Belleville, Illinois 62220

Travel with the St. Clair County Office on Aging on a tour of your health!

SENIOR CITIZENS:

Make your way through screening stations designed to assess your well-being. Receive recommendations to improve your overall health.

Stations will include:
Bone Density
Body Mass Index (BMI)
Cholesterol / Diabetes
Falls Risk Assessments
Hearing Screenings
Mammograms
Mental Health
Oral Health Screenings
Prostate (PSA) Screenings
Vascular Risk
Men’s Health and more....

Continental breakfast, lunch, and prizes provided!

Reservations must be made by noon Thursday, April 24th.
Call (618) 234-4410, ext. 7081/7044 to reserve your spot now!