

Be Well Program

WHERE & WHEN?

July 5, 2018 — Canoe Creek Health Station

July 11, 2018 — Sugar Cane Health Station

July 12, 2018 — Soda Creek Health Station

Open to all community members.

Schedule:

10:30 am — Be Well Screening

Blood Pressure Check

Blood Sugar Check (A1C)

Cholesterol Check

Respiratory and Pulse Check

Weight Check

12:00 pm — Lunch Provided

12:30 pm — Healthy Living Program

Grip Test & Step Test—post screening

2:00 pm — End of Session



For more information contact Sheila or Kayla at 250-398-9814