

WELLNESS CLINIC QUARTER 4



Join us Quarterly for a quick wellness update. Status will be saved each quarter to compare and see progress/decline. You will also receive data to compare with others in your age bracket. If you attend 3 of the 4 quarterly clinics you will get a REWARD!

December 18th
9am-11am Lakeside Essence Room
1pm-3pm Oaks Wellness Room
Sign up in the activity binders on each side of campus.



CLINIC TO INCLUDE:

- ✓ Overall Strength
- ✓ Blood pressure/weight
- ✓ Fine Motor Coordination
- ✓ Balance/Coordination
- ✓ Swallowing/cognition

Event hosted by Home and
Community Services -
Collaboration with Wellness,
Outpatient Therapy and
Home Health Services