

# WELLNESS

## CLINIC QUARTER 1



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!

**March 27th**

**9am-12pm Lakeside Essense Room  
and 1pm-4pm Oaks Wellness Room**  
Sign up for a time slot in activity binder for Oaks appt and Lakeside reception desk for Lakeside.



### **CLINIC TO INCLUDE:**

- ✓ Overall Strength
- ✓ Blood pressure
- ✓ Weight
- ✓ Balance/Coordination
- ✓ Swallowing/cognition

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

