

# August 2017



## Adult Wellness & Prevention Screening

(805)544-2484 ext. 1

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**1 Atascadero**  
Colony Park Com.  
Center  
5599 Traffic Way  
9:00am-12noon  
**\*Lipid Panel**

**2**

**3 Los Osos**  
South Bay  
Community Center  
2180 Palisades  
9:00am-12noon  
**\*Lipid Panel**

**7**

**8 San Luis Obispo**  
Judson Lodge  
3042 Augusta St.  
9:00am-12noon

**9**

**10 San Luis Obispo**  
Senior Center  
1445 Santa Rosa St.  
9:30am-11:30am

**14**

**15 Arroyo Grande**  
Peace Lutheran  
244 Oak Park Blvd  
9:00am-12noon  
**\*Lipid Panel**

**16**

**17 Arroyo Grande**  
Parkview Manor  
365 Elm St.  
10:00am-12:00noon  
**\*Lipid Panel**

**21**

**22 Morro Bay**  
Senior Center  
1001 Kennedy Way  
9:00am-12noon  
**\*Lipid Panel**

**23**

**24 Paso Robles**  
Senior Center  
270 Scott St.  
9:00am-12noon

**29**

**30**

**31**

**Offering the following free services in your community, for your convenience:**

Blood Pressure  
Pulse  
Weight

Screening for  
Anemia  
Blood Sugar  
Cholesterol

Nutritional & healthy  
lifestyle counseling

No appointment needed  
for basic services. Appoint-  
ment recommended for  
\* Lipid Panel.

**Thank you to our generous donors:**  
The County of San Luis  
Obispo, San Luis Obispo  
Community Foundation,  
City of Pismo Beach,  
San Luis Obispo HRC,  
Wells Fargo

**\*Lipid Panels** (breakdown of cholesterol –HDL, LDL, Triglycerides, Cardiac risk ratio) available by appointment on designated days above for \$20. Call 544-2484 ext. 1 for appointment. Fasting required before test.

