

# July 2015



## Adult Wellness & Prevention Screening



(805)544-2484 ext. 1

Monday	Tuesday	Wednesday	Thursday
		1	2 <b>Los Osos</b> South Bay Community Center 2180 Palisades 9:00am-12noon <b>*Lipid Panel</b>
6	7 <b>Atascadero</b> Colony Park Community Center 5599 Traffic Way 9:00am-12noon <b>*Lipid Panel</b>	8	9 <b>San Luis Obispo</b> Senior Center 1445 Santa Rosa St. 9:30am-11:30am
13 <b>Cambria</b> St. Paul's Episcopal 2700 Eton Rd. 9:30-12noon <b>*Lipid Panel</b>	14 <b>San Luis Obispo</b> Judson Lodge 3042 Augusta St 9:00am-12noon	15 <b>Oceano</b> Central Coast Senior Center 1580 Railroad 9:00am-11:30am <b>*Lipid Panel</b>	16
20 <b>Pismo Beach</b> St. Paul's Catholic 800 Bello St. 9:00am-11:00am <b>*Lipid Panel</b>	21 <b>San Luis Obispo</b> Unitarian Universal. 2201 Lawton Ave. 9:00am-12Noon <b>*Lipid Panel</b>	22 <b>Paso Robles</b> Senior Center 270 Scott St. 9:00am-12noon	23 <b>Cayucos</b> Senior Center 200 Ocean Ave. 9:00am-11:30am <b>*Lipid Panel</b>
27 <b>Morro Bay</b> Senior Center 1001 Kennedy Way 9:00am-12noon <b>*Lipid Panel</b>	28	29	30

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. Appointment 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.

