

# Senior Community HEALTH CHECK



MONDAY, FEBRUARY 14 FROM 10 AM - 1 PM

TAKE CARE  
OF YOUR HEALTH  
**KNOW YOUR NUMBERS**

Des Moines Activity Center  
2045 S 216th Street Des Moines, WA

## Free Health Screening

- ✓ Blood Pressure
- ✓ Cholesterol, Glucose
- ✓ Nutrition Assessment
- ✓ Social Services

*Join us!*