

2019 Free Comprehensive Regional Health Screenings for Older Adults

The Wise & Well Program health screenings are for adults age 60 and older.



Health screenings include:

- Complete cholesterol profile (total, LDL, HDL, triglycerides)
- Blood pressure
- Blood glucose (sugar)
- Consultation with a nurse, dietitian or exercise physiologist

12-hour fast required:

- **Drink water only** for accurate results (no food, coffee, tea, cough drops, gum, etc.).
- Take your blood pressure medicines and all other medicines, if prescribed.
- Do not take your morning diabetes medicines until after the screening when ready to eat.
- Do not exercise the morning of screening.
- Do not fast more than 12 hours.

Appointment required (first come, first served). Contact: Janel Jurosky, R.N. M.S.N. at (650) 696-3670. Your call will be returned within 48 hours.

Dates and Locations:

- **February 12: Menlo Park Senior Center**
- **February 14: Self-Help for the Elderly, San Mateo**
- **February 25: Lincoln Park Community Center**