your life. better.

Community Wellness Screenings

January to April 2010

Blood Pressure/Blood Sugar/BMI

Chesterton

Porter – Chesterton Medical Campus
650 Dickinson Road, Chesterton
Wednesday, January 20 • 9 am – Noon
Wednesday, February 3 & 17• 9 am – Noon
Wednesday, March 3 & 17 • 9 am – Noon
Wednesday, April 7 & 21 • 9 am – Noon

Demotte

DeMotte Library
901 Birch Street, DeMotte
Tuesday, April 27 • 9 – 11 am

Hebron

Hebron Public Library
201 W. Sigler, Hebron
Monday, April 12 • 10 am – Noon

Portage

Portage Twp. YMCA
3100 Willowcreek Road, Portage
Mondays, January 11,18, 25 • 9 – 11 am
Tuesdays, January 12,19, 26 • 9 – 11 am
Saturday, January 23 • 9 – 11 am
Mondays, February 8,15, 22 • 9 – 11 am
Tuesdays,February 2, 9,16, 23 • 9 – 11 am
Friday, February 26 • 9 – 11 am
Mondays, March 8, 15, 22, 29 • 9 – 11 am
Tuesdays, March 2, 9, 16, 23, 30 • 9 – 11 am
Fridays, March 5 & 19 • 9 – 11 am
Mondays, April 12 & 19 • 9 – 11 am
Tuesdays, April 6, 13, 20 • 9 – 11 am
Friday, April 17 • 9 – 11 am

Porter

Westchester Food Pantry
500 Ackerman Drive, Porter
Tuesday, March 30 • 9 – 11 am

Valparaiso

Porter – Valparaiso Hospital Campus
814 LaPorte Avenue, Valparaiso
Monday, February 1 • 9 am – Noon
Wednesday, March 3 • 1 – 4 pm
Monday, April 5 • 9 am – Noon

Town and Country Market
1605 Calumet, Valparaiso
Tuesday, February 2 • 10 am – 1 pm
Tuesday, March 2 • 10 am – 1 pm
Tuesday, April 6 • 10 am – 1 pm

Valparaiso Public Library
103 Jefferson, Valparaiso
Thursday, February 11 • 9 - 11 am
Thursday, March 11 • 9 - 11 am

Valparaiso YMCA
1201 Cumberland Crossing, Valparaiso
Friday, February 12 • 8 am – 10 am

Village Park Enrichment Center at Banta
605 Beech Street, Valparaiso
Thursday, February 25 • 8:30 – 11 am

South Haven Library
403 West, 700 North, Valparaiso
Friday, March 19 • 10 am – Noon

Wanatah

Wanatah Primary Care
306 S, Ohio Street, Wanatah
Monday, February 1 • 9 – 11 am

Westville

Old Time Foods
56 South Flynn Road, Westville
Monday, March 29 • 3 – 5 pm

Total Cholesterol/HDL/LDL/Triglycerides

These screenings are offered by appointment only. You MUST fast for 12 hours. Please call **764-8748** to schedule an appointment at the Portage YMCA. For all other locations please call **263.7285** for an appointment. Fee: $30

Chesterton

Porter – Chesterton Medical Campus
650 Dickinson Road, Chesterton
Monday, February 23 • 9 – 11 am CMC

Demotte

DeMotte Library
901 Birch Street, DeMotte
Tuesday, February 18 • 9 – 11 am

Kouts

Kouts Public Library
201 W. Sigler, Hebron
Monday, January 11 • 10 – Noon

Portage

Portage Twp. YMCA
3100 Willowcreek Road, Portage
Wednesdays—
January 13, 20, 27 • 8:30 – 10:30 am
February 3, 10, 17, 24• 8:30 – 10:30 am
Saturday, February 20 • 8:30 – 10:30 am
Wednesdays—
March 3, 10, 17, 24, 31 • 8:30 – 10:30 am
April 7, 14, 21 • 8:30 – 10:30 am

Valparaiso

Porter – Education & Rehabilitation Campus
1401 Calumet Avenue, Valparaiso
Wednesday, January 19 • 7:30 – 10 am
Wednesday, February 16 • 7:30 – 10 am
Wednesday, March 16 • 7:30 – 10 am
Wednesday, April 20 • 7:30 – 10 am

Valparaiso YMCA
1201 Cumberland Crossing, Valparaiso
Wednesday, March 5 • 8 – 10 am

Village Park Enrichment Center at Banta
605 Beech Street, Valparaiso
Wednesday, March 18 • 8:30 – 11 am

Valparaiso Public Library
103 Jefferson, Valparaiso
Wednesday, January 25 • 9 – 11 am
Wednesday, April 8 • 9 – 11 am

Wanatah

Wanatah Primary Care
306 S, Ohio Street, Wanatah
Monday, March 1 • 8:30 – 10:30 am

Bone Density Screenings

This screening test is done using a heel ultrasound screening unit.

Chesterton

Duneland YMCA
215 Roosevelt, Chesterton
Monday, April 14 • 9 – 11 am

Hebron

Hebron Library
201 W. Sigler, Hebron
Wednesday, February 22 • 10 am – Noon

Kouts

Kouts Library
101 Daumer, Kouts
Friday, March 10 • 10 am – Noon

Portage

Portage Twp. YMCA
3100 Willowcreek Road, Portage
Thursday, January 14 • 10 am – Noon
Friday, January 29 • 10 am – Noon
Thursday, February 4 & 11 • 11 am – 1 pm
Friday, February 25 • 3 – 5 pm
Thursday, March 11 • 11 am – 1 pm
Saturday, March 20 • 9 – 11 am
Thursday, March 25 • 3 – 5 pm
Thursday, April 8 • 11 am – 1 pm
Thursday, April 22 • 3 – 5 pm

Valparaiso

Valparaiso YMCA
1201 Cumberland Crossing, Valparaiso
Saturday, January 22 • 8 – 10 am
Thursday, April 2 • 8 – 10 am

Village Park Enrichment Center at Banta
605 Beech Street, Valparaiso
Thursday, January 28 • 8:30 – 11 am
Thursday, April 22 • 8:30 – 11 am

Wanatah

Wanatah Primary Care
306 S, Ohio Street, Wanatah
Monday, April 5 • 9 am – Noon

Porter
A Healthy Commitment
porterhealth.com