

your life. better.

Community Wellness Screenings

May to August 2010

Blood Pressure/Blood Sugar/BMI Chesterton

Porter – Chesterton Medical Campus (CMC)

650 Dickinson Road, Chesterton

May 19 • 9 – Noon

June 2, 16 • 9 – Noon

July 7, 21 • 9 – Noon

Duneland YMCA

215 Roosevelt, Chesterton

May 7 • 1 – 3 pm

May 21 • 8 – 11 am

June 3 • 8:30 – 11:30 am

June 14 • 8:30 – 11:30 am

June 23 • 8 – 10:30 am

July 1 • 8:30 – 10:30 am

July 9 • 7 – 10 am

Kouts

Kouts Library

101 Daumer, Kouts

May 10 • 10 – Noon

Portage

Portage Twp. YMCA

3100 Willowcreek Road, Portage

May 25 • 4 – 6 pm

May 10, 14, 18 • 9 – 11 am

May 21 • 3 – 5 pm

May 27 • 6 – 8 am

June 1, 15, 29 • 4 – 6 pm

June 17 • 6 – 8 am

June 8, 11, 14, 22, 28 • 9 – 11 am

July 1, 6, 9, 13, 20, 26, 27 • 9 – 11 am

August 3, 9, 10, 13, 17, 23, 24, 30, 31 • 9 – 11 am

Porter

Westchester Food Pantry

500 Ackerman Drive, Porter

May 25 • 9 – 11 am

Valparaiso

Porter – Education & Rehab Campus (ERC)

1401 Calumet Avenue, Valparaiso

May 21 • 11 – 1 pm

June 4 • 3 – 5 pm

Porter – Valparaiso Hospital Campus (VHC)

814 LaPorte Avenue, Valparaiso

June 7 • 9 – Noon

July 7 • 1 – 4 pm

Town and Country Market

1605 Calumet, Valparaiso

June 1 • 10 – 1 pm

July 6 • 10 – 1 pm

Valparaiso Public Library

103 Jefferson, Valparaiso

May 13 • 9 – 11 am

Valparaiso YMCA

1201 Cumberland Crossing, Valparaiso

May 7 • 8 – 11 am

May 19 • 8:30 – 11:30 am

June 1 • 5 – 7 pm

June 9, 21, 30 • 8:30 – 11:30 am

July 2 • 7 – 10 am

July 22 • 2 – 5 pm

Village Park Enrichment Center at Banta

605 Beech Street, Valparaiso

May 26 • 8:30 – 10:30 am

Wanatah

Wanatah Primary Care

August 2 • 9 – Noon

Westville

Old Time Foods

56 South Flynn Road, Westville

June 30 • 3 – 5 pm

Total Cholesterol/HDL/LDL/Triglycerides

By appointment only. You MUST fast for 12 hours. Please call **219.263.KNOW (219.2635669)** to schedule an appointment. Fee: \$15

Chesterton

Duneland YMCA

215 Roosevelt, Chesterton

May 17 • 8:30 – 11:30 am

May 28 • 7 – 10 am

June 11 • 7 – 10 am

June 29 • 8 – 11 am

July 28 • 8 – 10:30 am

Demotte

DeMotte Library

901 Birch Street, DeMotte

Hebron

Hebron Public Library

201 W. Sigler, Hebron

June 28 • 10 – Noon

Portage

Portage Twp. YMCA

3100 Willowcreek Road, Portage

May 12, 19, 26 • 8:30 – 10:30 am

June 2, 9, 12, 16, 23, 30 • 8:30 – 10:30 am

June 3 • 6 – 8 am

July 7, 10, 14, 21, 28 • 8:30 – 10:30 am

July 22 • 6 – 8 am

Aug 4, 11, 14, 18, 25 • 8:30 – 10:30 am

Valparaiso

Porter – Education & Rehab Campus (ERC)

1401 Calumet Avenue, Valparaiso

May 18 • 7:30 – 10 am

June 22 • 7:30 – 10 am

July 20 • 7:30 – 10 am

Valparaiso YMCA

1201 Cumberland Crossing, Valparaiso

May 10, 11 • 8:30 – 11:30 am

June 1 • 8:30 – 11:30 am

June 4 • 7 – 11 am

July 26 • 8:30 – 11:30 am

Village Park Enrichment Center at Banta

605 Beech Street, Valparaiso

June 24 • 8:30 – 10:30 am

Kouts

Kouts Library

101 Daumer, Kouts

July 12 • 10 – Noon

Wanatah

Wanatah Primary Care

June 7 • 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

May 13 • 3 – 6 pm

May 15 • 8:30 – 10:30 am

June 2 • 8:30 – 11:30 am

June 15 • 3 – 6 pm

June 25 • 7 – 10 am

July 17 • 8:30 – 10:30 am

July 20 • 4 – 6 pm

DeMotte

DeMotte Library

901 Birch St, DeMotte

June 11 • 9 – 11 am

Portage

Portage Twp. YMCA

3100 Willowcreek Road, Portage

May 13 • 6 – 8 am

May 13 • 11 – 1 pm

May 28 • 10 – Noon

June 10 • 3 – 5 pm

June 24 • 11 – 1 pm

July 8 • 6 – 8 am

July 8 • 11 – 1 pm

July 22 • 3 – 5 pm

South Haven Library

403 West, 700 North, Valparaiso

July 16 • 11 – 1 pm

Valparaiso

Valparaiso YMCA

1201 Cumberland Crossing, Valparaiso

May 10, 19 • Noon – 2 pm

May 24 • 5 – 7 pm

May 25 • 7 – 9 am

June 8, 18, 19 • 8:30 – 11:30 am

July 6 • 5 – 7 pm

July 14 • 8:30 – 11:30 am

Valparaiso Public Library

103 Jefferson, Valparaiso

June 10 • 9 – 11 am

Porter – Education & Rehab Campus (ERC)

1401 Calumet Ave. • Valparaiso

July 2 • 7 – 10 am

Wanatah

Wanatah Primary Care

July 12 • 9 – Noon