



**FREE
HEALTH
SCREENING**

HEALTH & WELLNESS PRESENTATION

Blood Pressure & Blood Glucose

Mark your calendar!

The 2nd Monday of the month 5—7 PM

** Adults only*



**Join the YMCA and the St. Joseph Health
Mobile Clinic Team to learn your numbers!**

Drop Ins Welcome No Sign UP Required!

Sonoma County Family YMCA 1111 College Ave Santa Rosa, CA 95404 • 707-545-9622 • Fax: 707-544-7805 • www.scfymca.org

The Y is a leading charitable organization committed to improving our community's health. Financial assistance is available.