



Free Health Risk Assessments For Seniors

Any senior ages 60 and older encouraged to participate.

FREE Health Risk Assessments include: Blood profile/HbA1c. Blood pressure evaluation, pulmonary function assessment, movement functional assessment, body composition.

Each participant will receive FREE explanation and copy of the results as well as referrals to medical care and exercise opportunities as indicated by the assessment.

9 AM to 1 PM
April 4th
Tyvola Senior Center
2225 Tyvola Road

9 AM to 1 PM
April 24th
Shamrock Senior Center @
Methodist Home Recreation Center
3200 Shamrock Drive

9 AM to 1 PM
May 10th
Southview Recreation Center
1720 Vilma Street

9 AM to 1 PM
May 18th
Mallard Creek Recreation Center
2530 Johnston-Oehler Road

9 AM to 1 PM
May 22nd
Bette Rae Thomas Recreation Center
2921 Tuckaseegee Road

9 AM to 1 PM
June 5th
North Meck Senior Center
102 Gilead Road

For more information please contact: UNC Charlotte Health Risk Assessment Lab
704.687.0566

Sharon Towers Continuing Care Retirement Community is underwriting the full cost of this service.