



# Wellness for You

## Health and Wellness

Health is Wealth! Affinia Healthcare is working to provide healthy tips to adults and seniors. Join Affinia Healthcare for an opportunity to receive vital health resources, get routine health screenings, check out healthy cooking demonstrations and more!

<p><b>Friday, November 14</b> 11 a.m. to 1 p.m.</p>	<p>Affinia Healthcare 4414 N. Florissant St. Louis, MO 63107</p>
<p><b>Friday, November 21</b> 11 a.m. to 1 p.m.</p>	<p>O'Fallon Park Rec Complex 4343 W. Florissant St. Louis, MO 63115</p>

- FREE bag of groceries *(one per household)*
- Receive a \$25 gift card *(while supplies last)*
- Healthy cooking demonstrations
- A1C and Blood Pressure Screenings
- and more!

**To schedule an appointment, call**  
**314-814-8700**