



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!

Wednesday, October 15 10 a.m. to 1 p.m.	BayerYMCA 5555 Page Avenue St. Louis, MO 63112
Friday, October 24 Noon to 2 p.m.	Affinia Healthcare 2220 Lemp Avenue St. Louis, MO 63104
Friday, November 14 11 a.m. to 1 p.m.	Affinia Healthcare 4414 N. Florissant St. Louis, MO 63107
Friday, November 21 11 a.m. to 1 p.m.	O'Fallon Park Rec Complex 4414 N. Florissant St. Louis, MO 63107

- 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