

Personal Wellness Profile

Join us for a **free** health assessment. This assessment helps to identify areas that may be putting you at risk for health problems such as cholesterol, blood sugar, blood pressure, body fat and waist circumference.

You will receive a personal report so you can see where you are doing well and get recommendations on where you can start to improve your health.

Upcoming Dates at Chebucto Wellness Centre:

Sat., Nov. 14th, 8:30-11:30 am

Wed., Nov. 18th, 8:30-11:30 am

Wed., Dec. 2nd, 8:30-11:30 am

Call to Register 902-460-4560 option 2



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