



## FREE WELLNESS CLINICS

**BLOOD PRESSURE CHECK/ASK A NURSE & SOCIAL WORKER**

- Get your blood pressure checked and health and nutrition advice from our outreach nurse.
- Receive information and assistance finding resources and help filling out paperwork from our social worker.
- Support for living at home.

### 2020 Schedule

**Labor Retreat:** 10:30am – 11:30am

**Holmes Park Village:** 11:30am – 12:15pm

January 13

February 24

March 16

April 20

May 18

June 15

July 20

August 17

September 21

October 19

November 16

December 14

Southeast Seniors helps older adults remain independent, healthy and safe in their Southeast Minneapolis homes. Call us to learn more #612-331-2302.

**Seniors at Home: Connected, Comfortable and Safe**