



ADULT HEALTH

June Edition

Bloodwork: Improve your **numbers.**

Get results from last month's blood test and learn how to improve your cholesterol, sugar, and other health numbers.

June sessions
available in the morning.

1
Wellington Fire
Station #2

2
Old Stone
Church Amherst

5
Oberlin Senior
Center

6
7
Sheffield Twp.
Church of Christ

8
9
Avon Senior
Center

12
13
14
Sugar Ridge
Baptist Church

15
Wellington Fire
Station #2
16
Old Stone
Church Amherst

19
Oberlin Senior
Center
20
Sheffield Lake
Community Ctr.

21
22
23
Avon Senior
Center

26
N. Eaton
Christian Church

27
28
29
30

Call for a reservation: **440-567-4120**

Adult health services are for all Lorain County adults age 55+.

Lorain County General Health District