

NO COST Free Wellness Screenings

Appointments Now Available

Open to Veterans and Spouses ^{For 55+}
_{Yrs old}

Thursday, March 28, 2024

45-minute appointments between

9:30 am and 2:00 pm.

American Legion, Post #622

3073 Bridge St NW, St. Francis, MN

Take Charge of Your Health & schedule your screening now at:

Online at

<https://form.jotform.com/fcnntc/WellnessLegion622>



Or by calling 651.204.0904.

Some of the things that your wellness screening could include are:

- Have the opportunity to learn about your body composition metrics, screen for cognitive changes, or depression on your terms.
- Set Individualized Goals
- Develop a Whole-Person Wellness Plan
- Speak to a Registered Nurse about your overall wellness & barriers you face.
- Get connected to resources in YOUR community that can support your wellness goals
- Influence programming in YOUR community!

No labs will be done, no fasting needed.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Minneapolis VA Health Care System



AMERICAN
LEGION

FAITH COMMUNITY
NURSE NETWORK
of the Greater Twin Cities



Bridging Faith & Health

