



An opportunity for you to maximize your "wellness."

Life expectancy has increased dramatically since 1900. Now people who reach the age of 65 can expect to live well into their eighties. The most important aspect of health promotion among older people is to maintain health and functional independence. Although it is commonly believed that health problems in old age are inevitable, many are in fact preventable or can be controlled.

The information you receive, through this health screening program designed especially for seniors, will help you identify lifestyle changes you may need to make. By steering your course to good health, you will be increasing your chances of a longer life, greater productivity, and personal fulfillment.



Important Info



People with high blood pressure have three to four times the risk of developing coronary heart disease and as much as seven times the risk of a stroke as do those with normal blood pressures.

Heart-Healthy Diet

7 steps to prevent heart disease

1. Limit unhealthy fats and cholesterol.
2. Choose low-fat protein sources.
3. Eat more vegetables and fruits.
4. Select whole grains.
5. Reduce the salt in your food.
6. Practice moderation.
7. Plan ahead: Create daily menus.

Public Health
Delta & Menominee Counties

Senior Health Screening Program

We care about your health!



Made possible through a grant from the Upper Peninsula Area on Aging (UPCAP)



What service will be provided?

- Blood Pressure
- Cholesterol/HDL Levels
- Education
- Glucose & Hemoglobin
- Height/Weight/Temperature
- Hemoccult Test for detection of Colon Cancer
- Medical Referrals as Needed
- Pulse
- Respiration
- Urinalysis

Donations are gratefully accepted. All donations will be put back into the program to allow us to offer more screenings.



Am I eligible & can I afford this Health Screening?

This one-time screening is being offered to eligible individuals at no cost:

Eligibility Guidelines

1. Delta & Menominee County residents
2. Individuals over the age of 60
3. Individuals with no health insurance or routine preventative health services
4. Individuals who have not been to a health care provider in the past year



When will the screening be available?

Screenings will be held in Delta & Menominee Counties during the months of:

May - June - July

August - September

Limited appointments are available.

For more information, or to make an appointment, please call the following:

Public Health,
Delta & Menominee Counties

Escanaba office:
2920 College Avenue
Escanaba, MI 49829 (906) 786-4111

Menominee office:
909 Tenth Avenue
Menominee, MI 49858 (906) 863-4451

Website
www.phdm.org



Call today!