

Do you Know Your Numbers?

With 1 small finger prick at the Y.... YOU CAN!

Wellness Assessment Includes:

- Health Questionnaire
- Total / HDL Cholesterol
- Blood Glucose Screening
- 15 minute consultation to go over results

\$35.00 for Y Members
\$55.00 for Non members

Sign up at the front Desk or
Contact Chad Johnson for more information
320-253-2664
chadj@scymca.org

