


PARAMEDIC WELLNESS CLINICS



Did you know?

that the County of Renfrew Paramedic Service is offering **FREE Wellness Clinics** to the communities of Renfrew County!

What will we be doing?

- ✓ Checking vital signs such as; blood pressure, pulse, respiration, oxygen saturation, temperature, blood glucose levels, body weight.
- ✓ Answering any questions or concerns about health and wellness and working with other community health members.

Where & When?

On the 2nd Tuesday of the month:

Barry's Bay: 1pm-3pm at Madawaska Valley Association for Community Living

On the 2nd Wednesday of the month:

Stonecliffe: 10 am - 12 pm at Head, Clara & Maria Township Office.

Westmeath: from 1:30pm - 3:30pm at the Westmeath Recreation Hall

Deep River: From 10am - 12pm at the North Renfrew LTC Centre

Beachburg: from 10am - 12pm at the Whitewater Bromley Community Health Centre

On the 3rd Monday of the month:

Dacre: 10am - 12pm at DACA Centre
(trial - call for info & to confirm)

On the 3rd Wednesday of the month:

Renfrew: 9am - 10am at the Recreation Centre
Griffith: 12pm - 3pm at the Griffith Lions' Club

On the last Tuesday of the month:

Arnprior: 9am - 11am at the Arnprior Villa

Deep River: 10am - 12pm at the Rexall Pharmacy

McNab/Braeside: (Jan-May, Sep-Nov) 6pm - 7pm at Braeside RA Centre

On the last Thursday of the month:

Eganville: 10am - 12pm at the Fairfields Retirement Home

Golden Lake: 1pm - 3pm at Walker's Landing Restaurant

...we hope to see you there!