



2019 Health Screenings

Free health screenings are available to the community on a drop-in basis. Screening tests are offered on a rotating basis: cholesterol, glucose, and blood pressure. Please note, CHRC no longer offers BMI screenings.

Health screenings are made possible by a generous contribution from Chevron.

Mission YMCA 4080 Mission Street 2nd & 4th Fridays 10 – 12 pm		Stonestown Family YMCA 3150 20th Avenue (Senior Annex) 2nd Friday 9:45 – 11:45 am		Mission Neighborhood Centers 362 Capp Street 1st & 3rd Fridays 10 – 12 pm	
July 12	Cholesterol	July 12	Blood Pressure	July 5	Cholesterol
July 26	Glucose	August 9	Cholesterol	July 19	Glucose
August 9	Blood Pressure	September 13	Glucose	August 2	Blood Pressure
August 23	Cholesterol	October 11	Blood Pressure	August 16	Cholesterol
September 13	Glucose	November 8	Cholesterol	September 6	Glucose
September 27	Blood Pressure	December 13	Glucose	September 20	Blood Pressure
October 11	Cholesterol			October 4	Cholesterol
October 25	Glucose			October 18	Glucose
November 8	Blood Pressure			November 1	Blood Pressure
November 22	Cholesterol			November 15	Cholesterol
December 13	Glucose			December 6	Glucose
December 27	Blood Pressure			December 20	Blood Pressure

Professional Building 2100 Webster Street, Lobby 1st & 3rd Wednesdays 2 – 4 pm		Chinatown YMCA 855 Sacramento Street 1st & 3rd Fridays 10 – 12 pm	
July 3	Blood Pressure	July 5	Glucose
July 17	Cholesterol	July 19	Blood Pressure
August 7	Glucose	August 2	Cholesterol
August 21	Blood Pressure	August 16	Glucose
September 4	Cholesterol	September 6	No Screening
September 18	Glucose	September 20	Cholesterol
October 2	Blood Pressure	October 4	Glucose
October 16	Cholesterol	October 18	Blood Pressure
November 6	Glucose	November 1	Cholesterol
November 20	Blood Pressure	November 15	Glucose
December 4	Cholesterol	December 6	Blood Pressure
December 18	Glucose	December 20	Cholesterol

For more information, please call 415-923-3155. Screenings are subject to change without notice.