



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, body mass index (BMI), and blood pressure.

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	
January 11	Cholesterol	January 18	Blood Pressure/BMI	January 4	Cholesterol
January 25	Glucose	February 8	Cholesterol	January 18	Glucose
February 8	Blood Pressure/BMI	March 8	Glucose	February 1	Blood Pressure/BMI
February 22	Cholesterol	April 12	Blood Pressure/BMI	February 15	Cholesterol
March 8	Glucose	May 10	Cholesterol	March 1	Glucose
March 22	Blood Pressure/BMI	June 14	Glucose	March 15	Blood Pressure/BMI
April 12	Cholesterol			April 5	Cholesterol
April 26	Glucose			April 19	Glucose
May 10	Blood Pressure/BMI			May 3	Blood Pressure/BMI
May 24	Cholesterol			May 17	Cholesterol
June 14	Glucose			June 7	Glucose
June 28	Blood Pressure/BMI			June 21	Blood Pressure/BMI

Professional Building 2100 Webster Street, Lobby 1st & 3rd Wednesdays 2 – 4 pm		Chinatown YMCA 855 Sacramento Street 1st & 3rd Fridays 10 – 12 pm	
January 2	Blood Pressure/BMI	January 4	Glucose
January 16	Cholesterol	January 18	Blood Pressure/BMI
February 6	Glucose	February 1	Cholesterol
February 20	Blood Pressure/BMI	February 15	Glucose
March 6	Cholesterol	March 1	No Screenings
March 20	Glucose	March 15	Cholesterol
April 3	Blood Pressure/BMI	April 5	Glucose
April 17	Cholesterol	April 19	Blood Pressure/BMI
May 1	Glucose	May 3	Cholesterol
May 15	Blood Pressure/BMI	May 17	Glucose
June 5	Cholesterol	June 7	Blood Pressure/BMI
June 19	Glucose	June 21	Cholesterol

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