



2018 Health & Cognitive 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 20 th Avenue (Senior Annex) 2 nd Friday 9:45 – 11:45 am		Mission Neighborhood Centers 362 Capp Street 1st & 3rd Fridays 10 – 12 pm	
January 12	Cholesterol	January 12	Blood Pressure/BMI	January 5	Cholesterol
January 26	Glucose	February 9	Cholesterol	January 19	Glucose
February 9	Blood Pressure/BMI	March 9	Glucose	February 2	Blood Pressure/BMI
February 23	Cholesterol	April 13	Blood Pressure/BMI	February 16	Cholesterol
March 9	Glucose	May 11	Cholesterol	March 2	Glucose
March 23	Blood Pressure/BMI	June 8	Glucose	March 16	Blood Pressure/BMI
April 13	Cholesterol			April 6	Cholesterol
April 27	Glucose			April 20	Glucose
May 11	Blood Pressure/BMI			May 4	Blood Pressure/BMI
May 25	Cholesterol			May 18	Cholesterol
June 8	Glucose			June 1	Glucose
June 22	Blood Pressure/BMI			June 15	Blood Pressure/BMI

**Professional Building 2100 Webster Street, Lobby 1 st & 3 rd Wednesdays 2 – 4 pm		Chinatown YMCA 855 Sacramento Street 1st & 3rd Fridays 10 – 12 pm	
January 3	Blood Pressure/BMI	January 5	Cholesterol
January 17	Cholesterol	January 19	Glucose
February 7	Glucose	February 2	Blood Pressure/BMI
February 21	Blood Pressure/BMI	February 16	Cholesterol
March 7	Cholesterol	March 2	Glucose
March 21	Glucose	March 16	Blood Pressure/BMI
April 4	Blood Pressure/BMI	April 6	Cholesterol
April 18	Cholesterol	April 20	Glucose
May 2	Glucose	May 4	Blood Pressure/BMI
May 16	Blood Pressure/BMI	May 18	Cholesterol
June 6	Cholesterol	June 1	Glucose
June 20	Glucose	June 15	Blood Pressure/BMI

****Free health AND cognitive screenings are offered at the Professional Building only.** Cognitive screenings are offered on a drop-in basis and last between 15-30 minutes. Those interested in completing a cognitive screening must have an accessible email address. *Cognitive screenings provided by Savonix.*

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