



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	
July 13	Cholesterol	July 13	Blood Pressure/BMI	July 6	Cholesterol
July 27	Glucose	August 10	Cholesterol	July 20	Glucose
August 10	Blood Pressure/BMI	September 14	Glucose	August 3	Blood Pressure/BMI
August 24	Cholesterol	October 12	Blood Pressure/BMI	August 17	Cholesterol
September 14	Glucose	November 9	Cholesterol	September 7	Glucose
September 28	Blood Pressure/BMI	December 14	Glucose	September 21	Blood Pressure/BMI
October 12	Cholesterol			October 5	Cholesterol
October 26	Glucose			October 19	Glucose
November 9	Blood Pressure/BMI			November 2	Blood Pressure/BMI
November 19*	Cholesterol			November 16	Cholesterol
December 14	Glucose			December 7	Glucose
December 28	Blood Pressure/BMI			December 21	Blood Pressure/BMI

**Rescheduled date due to holiday*

*The sites below will offer **free health AND cognitive screenings**. Cognitive screenings are available in English and Mandarin, 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.

*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	
July 4	No Screening	July 6	Cholesterol
July 18	Cholesterol	July 20	Glucose
August 1	Glucose	August 3	Blood Pressure/BMI
August 15	Blood Pressure/BMI	August 17	Cholesterol
September 5	Cholesterol	September 7	No Screening
September 19	Glucose	September 21	Blood Pressure/BMI
October 3	Blood Pressure/BMI	October 5	Cholesterol
October 17	Cholesterol	October 19	Glucose
November 7	Glucose	November 2	Blood Pressure/BMI
November 21	No Screening	November 16	Cholesterol
December 5	Cholesterol	December 7	Glucose
December 19	Glucose	December 21	Blood Pressure/BMI

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