



Wellness

Week

Join us January 17 - 21, 2022, for a week of wellness! Every day will feature different screenings or educational appointments. Call to reserve your spot for any, or all, of these events!

Skin Cancer Screenings*

Monday, January 17, 2022

10 a.m. - 12 p.m. - 10 min appointments

Provided by: Kurt Holst PA-C,
Forefront Dermatology

Balance Screens*

Monday, January 17, 2022

2 - 4 p.m. - 15 min appointments

Provided by: Ellen Linskens PT & Diane Danhieux
PTA, Aurora BayCare Medical Center

Regular & Postural Hypotension Blood Pressure Checks*

Monday, January 17, 2022

11 a.m. - 1 p.m. - 15 min appointments

Provided by: Aimee Johnson & Megan
Tresedder, NWTC Nursing Students

Depression Screenings

Tuesday, January 18, 2022

11 a.m. - 4 p.m. - 30 min appointments

Provided by: ADRC Information &
Assistance Specialists

Medication Consultation*

Ask a Pharmacist

Tuesday, January 18, 2022

10 a.m. - 12 p.m. - 30 min appointments

Provided by: Rachel Whitesitt, PharmD, MPH
Streu's Pharmacy

Preparing Your Advance Directives for Healthcare*

Wednesday, January 19, 2022

10 a.m. - 12 p.m. - 30 min appointments

Provided by: Lisa McMahon, Director
Unity Hospice

Brain Check-ups

Thursday, January 20, 2022

11 a.m. - 4 p.m. - 30 min appointments

Provided by: ADRC Information &
Assistant Specialists

**Face masks required during appointment*

See back for screening descriptions.

ADRC, 300 S. Adams Street,
Green Bay, WI 54303

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Space is limited. Reservations Required.
Call ADRC (920) 448-4300 to register.

Reasonable accommodations for disabilities are
available, please request 5 days in advance.



Skin Cancer Screenings:

Concerned about past sun exposure, sun spots, or moles? Take advantage of this free screening and join us by practicing positive skin care.

Balance Screenings:

One in three adults fall annually, some with serious injury. This screen helps you identify if you are at risk for a fall. (The difficulty of balance testing is adjusted to your individual ability.)

Regular & Postural Hypotension Blood Pressure Checks:

Regular blood pressure checks and postural hypotension, also known as orthostatic hypotension checks, will help see if your blood pressure drops when you go from lying down to sitting up, or from sitting to standing, which could result in a higher risk of falls.

Depression Screenings:

The PHQ-9 is a nine question survey to screen for the possible presence of depression. It is not a diagnostic tool, but it can assess a person's feelings and emotions over the last two weeks.

Medication Consultation - Ask a Pharmacist:

Get guidance on your specific question(s) on medications, whether it be prescribed, over the counter, vitamins, etc. Together, explore options to help determine your next steps to wellness.

Preparing Your Advance Directives for Healthcare:

All too often, individuals and their families are not prepared to face a health emergency for a loved one. Experts help you document your personal wishes for healthcare for use at a time when you can't speak for yourself. If your healthcare wishes are not documented, let us help you take the next step.

Brain Check-ups:

A brain check-up is a wellness tool that helps identify any changes in memory and cognition. It is a brief series of questions followed by a conversation regarding the results.

Call ADRC (920) 448-4300 to register.