



Free Health Checks for seniors

Little Rock Parks & Recreation and Baptist Health Community Outreach have formed a partnership aimed at assisting citizens of Little Rock aged 55 and above. Once a month, Baptist Health will be on hand at three of LRPR's Community Centers to provide free health services. These free services will cover:

- Blood pressure screening
- Blood sugar screening
- Body Mass Index (BMI/Waist Circumference)
- Cholesterol
- Care Coordination
- Health Education
- Community referrals
- Flu shots (November)

These services are provided to members of the Little Rock Parks & Recreation Seniors program, as well as any citizen over the age of 55.

The schedule for these screenings is as follows

November 8 – Southwest Community Center – 9:00 a.m. – 11:00 a.m.

November 14 – East Little Rock Community Center – 9:30 a.m. – 11:30 a.m.

November 16 – Dunbar Community Center – 9:00 a.m. – 11:00 a.m.

December 12 – East Little Rock Community Center – 9:30 a.m. – 11:30 a.m.

December 13 – Southwest Community Center – 9:00 a.m. – 11:00 a.m.

December 14 – Dunbar Community Center – 9:00 a.m. – 11:00 a.m.

For more information about this program, contact Ronnie Johnson at 501-371-6854.