

Tuesday Health Series

Health Screening

**YOU HAVE THE POWER
TO LIVE YOUR BEST LIFE**



Health Screenings include heart health, cardiovascular risk assessment, mental health screenings, participant-specific health indicators, , barriers to healthcare, blood pressure and pulse assessment, and weight/BMI.

Participants receive personalized health guidance from a registered nurse, a health report card, and referrals to services if needed.

**When: March 31st, 2026
9:30 - 11:00 AM**

**Where:
Stewartstown Area Cenior Center
26 S Main St
Stewartstown, PA 17363**

For more information call
(717) 993-3488

4 Benefits of Health Screening



Life-Saving Potential

Early detection significantly increases the chances of survival for many serious illnesses.



Peace of Mind

Knowing your health status can alleviate anxiety and uncertainty about potential underlying health problems, providing a sense of control over your well-being.



Early Detection & Improved Outcomes

identifying disease before it become severe, when treatments are often less aggressive, more effective, and may even lead to a cure.



Cost-Effectiveness

Preventing diseases or catching them early can reduce the need for expensive treatments, hospital stays, and long-term care associated with advanced illnesses.



Care First Education, LLC