























February 2019



**Ascension
Providence Rochester**

WELLNESS CENTER CALENDAR

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Ask the Nurse Cindy McKenna, RN, BSN Hours: Mon.-Fri. 8a-4p (248)601-2888 Physical Therapist on Duty Mon, Wed, Thurs, 8a-4:30p Jenny Krieter, P.T.	Blood Pressure can be checked whenever nurse is available (check schedule).			1 Ask the Primary Care Doctor, Dr. Hull 9:30-11a Walk In  Ask the Nurse 8a-12n, 1-4p	2
3	4  Ask the Nurse 8a-12n, 1-4p	5 "RISE AND SHINE BREAKFAST" Speaker: Dr. David Bauer, MD 8-9:30a Dining Room—Sign up OPC Cashier's Desk Cost \$2 Ask the Orthopedic Doctor, Dr. Maibauer 9-11a Walk In  Ask the Nurse 8a-12n, 1-4p	6  Ask the Nurse 8a-12n, 1-4p	7 Friends and Family CPR Class 1-3:30p — Sign up OPC Cashier's Desk Cost \$10 Includes Manual  Ask the Nurse 8a-12n, 1-4p	8 Bone Density Screening 9a-11a Cost: \$2 Sign Up at OPC Cashier's Desk Ask the Primary Care Doctor, Dr. Hull 9:30-11a Walk In  Ask the Nurse 8a-12n, 1-4p	9
10	11  Ask the Nurse 8a-12n, 1-4p	12 Hearing Testing & Hearing Aid Cleaning 9:30-12n Cost:\$2 Sign Up at OPC Cashier's Desk.  Ask the Nurse 8a-12n, 1-4p	13 Ask the Dentist—Dr. Tironi 9-10am Walk In  Ask the Nurse 8a-12n,1-4p	14  Ask the Nurse 8a-12n,1-4p	15 Ask the Primary Care Doctor Dr. Hull 9:30-11a Walk In  Ask the Nurse 8a-12n,1-4p	16
17	18  Ask the Nurse 8a-12n, 1-4p	19 Ask the Orthopedic Doctor, Dr. Maibauer 9-11a Walk In  Ask the Nurse 8a-12n, 3:15-4p	20  Ask the Nurse 8a-12n, 1-4p	21  Ask the Nurse 8a-12n, 1-4p	22 Ask the Primary Care Doctor, Dr. Hull 9:30-11a Walk In  Ask the Nurse 8a-12n, 1-4p	23
24	25  Ask the Nurse 8a-12n, 1-4p	26 Ask the Orthopedic Doctor, Dr. Maibauer 9-11a Walk In  Ask the Nurse 8a-12n, 1-4p	27 "DINNER WITH A DOC" Speaker: Dr. David Bauer, MD , Chief of Emergency Medicine 6-7:30P Dining Room—Sign up OPC Cashier's Desk Cost \$5  Ask the Nurse 8a-12n, 1-4p	28  Ask the Nurse 8a-12n, 1-4p		