


















January

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.	1 Happy New Year! OPC Closed	2  Ask the Nurse 8a-12n, 1-4p	3  Ask the Nurse 8a-12n, 1-4p	4 Ask the Primary Care Doctor, Dr. Hull 9:30-11a Walk In  Ask the Nurse 8a-12n, 1-4p	5
6	7  Ask the Nurse 8a-12n, 1-4p	8 Hearing Testing & Hearing Aid Cleaning 9:30-12n Cost:\$2 Sign Up at OPC Cashier's Desk. Ask the Orthopedic Doctor, Dr. Maibauer 9-11a Walk In  Ask the Nurse 8a-12n, 1-4p	9 Ask the Dentist, 9-10am Walk In "Can't Reach Those Toenails" Dr. Husain 1-5pm Cost: \$2 Holds Appointment  Ask the Nurse 8a-12n, 1-4p	10 "RISE AND SHINE BREAKFAST" Speaker: Dr. Nishit Choksi 8-9:30a Dining Room—Sign up OPC Cashier's Desk Cost \$2  Ask the Nurse 8a-12n, 1-4p	11 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	12
13	14  Ask the Nurse 8a-12n, 1-4p	15 Ask the Orthopedic Doctor, Dr. Maibauer 9-11a Walk In  Ask the Nurse 8a-12n, 3-4p	16 Attention Men! PSA Testing 9-10:30a Cost \$17 Sign Up at OPC Cashier's Desk  Ask the Nurse 8a-12n, 1-4p	17  Ask the Nurse 8a-12n, 1-4p	18 Ask the Primary Care Doctor Dr. Hull 9:30-11a Walk In  Ask the Nurse 8a-12n, 1-4p	19
20	21 Nurse Not In	22 Nurse Not In	23 "DINNER WITH A DOC" Speaker: Dr. Nishit Choksi 6-7:30P Dining Room—Sign up OPC Cashier's Desk Cost \$5 Nurse Not In	24 Nurse Not In	25 Ask the Primary Care Doctor, Dr. Hull 9:30-11a Walk In Nurse Not In	26
27	28 Nurse Not In	29 Ask the Orthopedic Doctor, Dr. Maibauer 9-11a Walk In Nurse Not In	30  Ask the Nurse 8a-12n, 1-4p	31  Ask the Nurse 8a-12n, 1-4p	Blood Pressure can be checked whenever nurse is available (check schedule).	