



# Cholesterol / HDL *and* Blood Pressure Screenings

**First Wednesday  
of each month  
0800 - 1130 HRS**



**Take charge of your health! Get screened!  
*Open to Active Duty and Family members,  
Retired Military and Family members, and  
Department of Defense Civilian Employees***

**HEALTH & WELLNESS CENTER  
FOURTH FLOOR  
IRELAND ARMY COMMUNITY HOSPITAL  
624-WELL (9355)**

