

# BIOMETRIC SCREENINGS

*Brought to you by the Cape Cod Municipal Health Group*

The CCMHG is pleased to offer the **Mullen Hall School** employees our worksite screening program with services provided by Barnstable County Public Health, Cape Cod Cooperative Extension, and Cape Cod Healthy Connections, LLC. This on-site program includes:

- ✓ Audiometer (Hearing Test)
- ✓ Blood Pressure/Pulse
- ✓ Bone Density
- ✓ Blood Glucose
- ✓ Cholesterol



- ✓ Skin Assessment - UV Damage
- ✓ Waist Measurement
- ✓ Weight
- ✓ Body Mass Index
- ✓ Healthy Cooking Demonstration
- ✓ Healthy Recipes/Nutrition Info

There will be a fantastic group of informational handouts available on subjects like stress reduction, family health, myMedicationAdvisor, healthy eating, the Diabetes Care Rewards Program, both Men's and Women's Health and many, many more!

**March 23rd**

**10:00am-2:30pm**

Please plan on putting aside some time during your day to visit. Appointments will require approximately 20 minutes, and you will be able to choose the time that is most convenient for your busy schedule! If you are unable to choose a time, walk-ins are welcome and encouraged!

**Contact Alicia Bryant, School Nurse, to schedule your appointment!**



Questions: Call Mary Casali, Wellness Consultant, CC Healthy Connections, LLC at (508) 572-0122 or at [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com)

[www.ccmhg.com](http://www.ccmhg.com)