

PARAMEDIC WELLNESS CLINICS



Did you know?

that the County of Renfrew Paramedic Service is offering **FREE Wellness Clinics** to the communities of Renfrew County!

What will we be doing?

- ✓ Checking vital signs such as; blood pressure, pulse, respiration, oxygen saturation, temperature, blood glucose levels, body weight.
- ✓ Answering any questions or concerns about health and wellness and working with other community health members.

Where & When?

On the 1st Tuesday of the month:

Barry's Bay: 1300-1500 at Madawaska Valley Association for Community Living

On the 3rd Tuesday of the month:

Pembroke: 0930-1130 at Miramichi Lodge

On the last Tuesday of the month:

Arnrior: 0900-1100 at the Arnrior Villa

McNab/Braeside: (Jan-May, Sep-Nov)

1800-1900 at Braeside RA Centre

On the 1st Wednesday of the month:

Cobden: 1100-1230 at Whitewater Municipal Building

On the 2nd Wednesday of the month:

Stonecliffe: 1000-1200 at Head, Clara & Maria Township Office.

Westmeath: 1330-1530 at the Westmeath Recreation Hall

On the 3rd Wednesday of the month:

Renfrew: 0900-1000 at Recreation Centre

Griffith: 1100-1230 at Griffith Lions' Club

On the 4th Wednesday of the month:

Rankin: 1130-1300 at Rankin Community Centre

On the last Thursday of the month:

Eganville: 1000-1200 at the Fairfields Retirement Home

Golden Lake: 1300-1500 at Walker's Landing Restaurant

On the last Friday of the month:

Renfrew: 1300-1500 at Golden Age Activity Centre

For any questions about clinics, locations, or timing, please contact Emergency Services at (613) 735-3675 extension 500

...we hope to see you there!