



Wellness Clinic

The County of Renfrew Paramedic Service is offering a **FREE Wellness Clinic** to the communities of Renfrew County

What Will We Be Doing?

- Checking blood pressure, pulse, respiration, oxygen saturation, temperature, blood glucose levels
- Answer any questions or concerns from patients and work with other community health members.

Where and When Are the Clinics Being Held?

- On the 2nd Tuesday of the month in:
Barry's Bay from 1 p.m. until 3 p.m. at the Madawaska Valley Association for Community Living (Activities Center)
- On the last Tuesday of the month in:
Arnprior from 9 a.m. until 11 a.m. at the Arnprior Villa.
Deep River from 10 a.m. until 1 p.m. at the Rexall Pharmacy
McNab/Braeside from 6 p.m until 6:45 p.m at the Braeside RA Centre (January-May and September-November)
- On the 2nd Wednesday of the month in:
Stonecliffe from 10 a.m. until 12 p.m. at the Head, Clara, & Maria Township Office.
Deep River from 10 a.m. until 12 p.m. at the North Renfrew Long Term Care Centre
Beachburg from 10 a.m. until 12 p.m. at the Whitewater Bromley Community Health Centre (A part of Lanark Health & Community Services)
Westmeath from 1:30 p.m. until 3:30 p.m. at the Westmeath Recreation Hall
- On the 3rd Wednesday of the month in:
Renfrew from 9 a.m. until 10 a.m. at the Recreation Centre
Griffith from 12 p.m. until 3 p.m. at the Griffith Lions' Club
- On the last Thursday of the month in:
Eganville from 10 a.m. until 12 p.m. at the Fairfields Retirement Home.
Golden Lake from 1 p.m. until 3 p.m. at the Walker's Landing restaurant.

For further information or questions, please contact The Renfrew County Paramedic Service at 613-735-3675 x 500
Or email communityparamedic@countyofrenfrew.on.ca

The Renfrew County Paramedic Service hopes to see you there.

