

Community Wellness Clinics and Services

Scheduled clinics and services serving 50 Plus are coordinated with our many partners and City of Welland Volunteers. A Wellness Pass is required to access these Clinics and Services. Registration information and form on pages 9-12.



and balance, review concerns about your memory, medications or lifestyles; answer any questions about your unique situation, health and priorities; and then help link you to the appropriate services and programs. The one hour appointment(s) can be booked by calling 905-777-3837 ext. 12424. FREE

Blood Pressure Clinic

Our volunteer retired nurses will check your blood pressure. Thursdays 12:30 - 1:30 pm September to June. No appointment necessary. FREE

Hearing Clinic

The Canadian Hearing Society offers a screening to help identify the possibility of a hearing loss. Call 905-735-1700 ext. 4000 or see Volunteer at the Reception Counter to book an appointment. FREE

Independence at Home

A registered nurse or physiotherapist will do simple activities to measure your strength

Vision Care Clinic

The CNIB offers a personal one-on-one 1 1/4 hour vision assessment to determine what services and products are required to help improve your vision. CNIB resource material is also provided. Second Thursday of each month. Call toll free 1-888-275-5332 to pre-book an appointment. FREE

Programs and services subject to change without notice. Suggestions for new clinics and services should be directed to 905-735-1700 ext. 4000 or recreation@welland.ca

Note: no services on statutory holidays.

Volunteers Needed Welland Age-Friendly Promoters



Do you:

- Enjoy public speaking to small groups of 15 persons or less?
- Have a personal commitment to active ageing?
- Live, learn, play or work in Welland?

The **Welland Age-Friendly Community Initiative** needs volunteers to deliver presentations to local establishments, e.g., business groups, boards, and employees to increase the awareness of the importance of active aging and encourage age-friendly self-assessments.

Requirements:

- Available at the requesting agency's hours of operation
- Have access to transportation

Volunteers are asked to register for the age-friendly training session on pre-determined dates by contacting agefriendly@niagararegion.ca or calling 905-685-1571 ext. 3869.

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Harpwoods TROPHIES

222 King Street
Welland

Trophies

Plaques

Gifts

Name Tags

Desk Signs

Door Signs

Free Engraving

Ron Harpwood

905-735-4474

