



HEALTH AND
WELLNESS PROVIDER



Biometric Wellness Screening | Sunday, December 11 at 11am-3pm

Blueprint for Wellness

Nineteenth Street Baptist Church (4606 16th Street NW)

Knowing your biometric numbers provides a window into the state of your health.

Quest Diagnostics' Blueprint for Wellness (BFW) is a comprehensive wellness and diagnostic screening tool that provides community members with vital information about their metabolic, weight, and coronary indicators to use in tandem with the information they provide to their medical providers. It is a valuable tool for identifying health concerns and finding ways to improve your well-being!

Biometric Screening

- ✓ Metabolic
- ✓ Lipid & Glucose
- ✓ Coronary
- ✓ Biometric Measurements may be taken

Sponsored by Choose Healthy Life, Quest Diagnostics LTD and the Leadership Council for Healthy Communities

To register for a wellness screening on December 11 between 11am-3pm, please contact Health Navigator Janyce Jefferson at janycefaye@icloud.com or 410-804-9325.