

# *Mondays are Health Days at The Arbors*

Every Monday is Health Day at The Arbors of Bedford! Beginning 7/2/07, come care for your health as The Arbors cares for you. All services are FREE! Please call to schedule.

- \* 1st Monday of each month (11-2pm)...Vision Screening by Wal-Mart Vision Center
- \* 2nd Monday bi-monthly (1-3pm) Hearing Screening by Miracle Ear
- \* 3rd Monday (10-12pm) Blood Pressure Screening
- \* Last Monday (7:00 pm) Support Group for caregivers effected by Alzheimer's disease

**The Arbors of Bedford**  
**70 Hawthorne Drive**  
**Bedford, NH 03110**

For more information contact  
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