

# Health and Wellness



## Wellness Clinic

The VNA, North Shore holds their free Wellness Clinics on the first and third Wednesday of each month from 9:00 AM to 11:00 AM at Four Mile Village and on the fourth Wednesday from 11:00 AM to 1:00 PM at the Council on Aging. To schedule an appointment or for more information, contact Ann Morrison at (888) 663-3688, ext 2461. Walk-ins are welcome.



## Seated Massage

Renee Parent, a licensed Massage Therapist, has offered her gently hands to relieve your stress and tension. Sessions are 20 minutes in the massage chair for \$10.00. Renee is available most Monday mornings, by appointment only. To make an appointment, call Renee at (508) 335-1675. Renee will also make house calls at a cost of \$15.00 for a 20 minute session.



## Hearing Screenings

Nicole Kainkiewicz, from Rogers Hearing Solutions, schedules bi-monthly, FREE, hearing screenings. You are under no obligation to purchase anything from this company. Appointments are usually the second Tuesday of every other month starting at 9:30 AM. To make an appointment, call the COA at (978) 887-3591.



## Podiatry

Dr. Richard Manolian is at the Boxford COA, by appointment only, usually on the first Wednesday of each month. Appointments start at 9 AM and the fee for this service is \$30.00 and due at time of appointment. Please call the Boxford COA at (978) 887-3591 to make your appointment. For other issues or possibly home visits — you may call Dr. Manolian's office at (978) 887-8686.