



**Free health services.**

**Three convenient  
locations.**

**No appointment  
necessary.**

**All ages are welcome.**

**507-457-2891**

**[bridgeshealthwinona.org](http://bridgeshealthwinona.org)**

*Bridging the gap between  
you and health care*

**Ask-A-Nurse**

**Health screenings**

**Physical examination**

**School & sports physicals**

**Vision & hearing**

**Foot & nail care**

**Ear wash**

**Neck & shoulder massage**

**Blood pressure checks**

**Chronic condition support**

**Medication review**

**Heart Health**

### **Three Convenient Locations**

#### **Winona Food Shelf**

402 E. 2nd St. Winona

Enter at Chestnut Room

Thursdays 2:00pm-4:00pm

January 23<sup>rd</sup> - April 16<sup>th</sup>

#### **Friendship Center**

251 Main St. Winona

Enter main doors

Thursdays 9:00am-1:00pm

January 23<sup>rd</sup> - April 16<sup>th</sup>

#### **Warming Center**

69 E. 3<sup>rd</sup> St. Winona

Enter between 3<sup>rd</sup> & 4<sup>th</sup> St., next to

Community Bible Church

Thursdays 5:00pm-7:00pm

January 23<sup>rd</sup> - April 16<sup>th</sup>

Services & support provided through collaborative efforts of Winona State University,  
Neighborhood Family Clinics, & the Winona State University Foundation