



health happiness you

Meeting the unique health needs of people 50+ by providing them with valuable health screens, information, resources and experiences for a healthier lifestyle.

As one of the area's premier health resources, H2U offers many benefits including: Health screens, immunizations, newsletter, health magazine, exercise classes, personal online health profiler, area retail discounts, and travel opportunities.

*H2U was designed around
5 key components:*

- Disease Prevention
- Immunizations
- Self Care
- Injury Prevention
- Healthy Lifestyle

For more information call 374-4307!

h2U at **Dauterive Hospital**
The Right Care. *Right Here.*