



## Grand Traverse County Commission on Aging Senior Center Network

801 E. Front St.  
Traverse City, MI 49686  
231-922-4911  
[www.gtcoa.org](http://www.gtcoa.org)

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### **\*FOR IMMEDIATE RELEASE\***

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#### **Subject: Milestone Medical Tests**

On Thursday, December 10 at 10:30 am at the Senior Center in Traverse City, Dr. Mary Beth Hardwicke will be reviewing what milestone medicals tests are, when they are recommended and why they are important. As adults age, recovering from a major health catastrophe can be difficult and milestone medical tests screen for certain ailments that are best detected early and treated.

“I will also provide an easy to follow chart that can be kept at home and referred to prior to your next preventative health exam,” says Dr. Hardwicke.

Advanced registration required for this free one hour presentation. Questions? Call 231-922-4911 or email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org)

The Senior Center Network is part of the Grand Traverse County Commission on Aging – “Caring for those who cared for you” for 40 years.

***Lori Wells, Deputy Director***

***Grand Traverse County Senior Center Network***

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*The Senior Center Network is part of the Commission on Aging, “Caring For Those Who Cared For You.” The Network provides many programs to older adults in Grand Traverse County. There are locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.*