

Health and Wellness Referral Services Inc.

"To lift a tired and weary heart, to change folk's frowns to smiles again."

Our Goal is to perform whatever services are needed to maintain senior citizens in their homes, from shopping to respite care.

Reasonable Rates
382-3260
Isabel Cicero, R.N.; Coordinator

Southview Physical Therapy and Sports Rehabilitation, P.C.

• Prompt Scheduling
• Private Treatment Rooms
• Free Parking

Convenient Office Hours:
7:30a.m.-6:30p.m.

We've been serving the physical therapy needs of our neighbors in Monroe County since 1986. Our staff is courteous, friendly & highly trained. For information regarding treatment, call:

271-3380
880 Westfall Road, Suite D
Rochester, New York 14618

Caring for someone with Alzheimer's disease or related disorder
(such as memory loss from stroke, head injury or Parkinson's Disease)?

Let us help you.

You may be eligible for these benefits:

- Adult Day Care
- Home Care
- Transportation
- Medical Supplies

A new Medicare study to assist the families of patients with Alzheimer's and similar disorders provides special services to help ease the family burden.

ACCESS: Alzheimer's
CALL 800-836-7600

WE'LL TREAT YOUR ACHING BACK

MUSCLE & LIGAMENT SPRAIN
(musculo-ligamentous sprain)
is most often caused by poor posture or an old, untreated back injury. Symptoms are aches and spasms.

JOINT SPRAIN
(facet syndrome)
is most often brought on by a sudden injury, often following years of back neglect, resulting in pain and stiffness.

FREE SPINAL EXAM
INCLUDES CONSULTATION & FUNCTIONAL ANALYSIS

PELVIC JOINT AND LIGAMENT SPRAIN
(sacroiliac syndrome)
from a sudden injury or movement. May be felt as sharp pain in the hips.

SLIPPED DISC
(disc syndrome)
brought on by movement, in addition to general wear and tear, may cause severe pain in the back and legs.

O'DELL CHIROPRACTIC CENTER
OLYMPIC DEVELOPMENT PROGRAM TEAM DOCTOR
Dr. Norman O'Dell, DC
1145 Bay Road, Webster
671-9210
Treatment may cost no more than \$500 per visit with qualified insurance.

Peace of mind...
is what we know best.

For those who value their independence, but desire security, GrandeVie offers independent living for senior citizens, with 24-hour security. GrandeVie living is designed to fit the personal needs of each individual resident and provides home-cooked meals, quality care, and many recreational and social activities. For consultation call 381-0680.

GrandeVie
HOME FOR ADULTS
2140 FIVE MILE LINE RD.
PENFIELD 4 CORNERS
381-0680

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- *Total Daily Sodium Intake
- *Total Daily Calorie Intake
- *Total Daily Vitamin Intake

SAVE 3.00 ON ANY TRANSFERRED PRESCRIPTION
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OPEN - MON. thru SAT. 9 AM - 9 PM, SUN. 9 AM - 5 PM.

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