



First Rising Mt. Zion Baptist Church
602 N Street, NW
Washington, DC 20001
Telephone: (202) 289-4480
Rev. Oran W. Young, Pastor
Coordinator: Deaconess Ministry

FREE BLOOD TEST SCREENING

Location: FRMZBC - 602 N Street, NW, Washington, DC 20001

BLUEPRINT FOR WELLNESS

Saturday
October 4, 2025
10:00 a.m. to 2:00 p.m.

Blood Test

Quest Diagnostics will draw blood and take body measurements

Health Info & Results

Take your results to your next medical appointment to discuss with your doctor.

Lab Test

Your lab results will be emailed to you within 72 hours and you will receive a hard copy booklet in the mail.

Must
Pre-Register by
August 17th.

Return all forms to
Deaconess Ministry
at FRMZBC.

DON'T
MISS OUT!



BLUEPRINT FOR WELLNESS PLAN covers:

Risk of Diabetes
Heart Health
Thyroid Health
Liver & Kidney Health
Bone Health
Physical Measurements &
other health risk factors



For more information, or to register:

See any member of the Deaconess Ministry
or obtain registration forms from the Church Office.

LCHC Leadership Council for
Health Communities