1. **Kegiatan Posyandu Lansia Desa Gelam Tahun 2023**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No** | **Jenis Kegiatan** | **Pelaksanaan Kegiatan** | | | | | | | | | | | |
| **Jan** | **Feb** | **Maret** | **April** | **Mei** | **Juni** | **Juli** | **Agust** | **Sept** | **Okt** | **Nov** | **Des** |
| 1 | Penimbangan Berat Badan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 2 | Tensi Darah | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 3 | Cek Kolesterol, Asam Urat dan Gula Darah | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | √ |
| 4 | Pengobatan penyakit ringan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 5 | Penyuluhan Kesehatan | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | √ |
| 6 | Senam Lansia | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 7 | Pemberian Makanan Tambahan (PMT) | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 8 | Peringatan Hari Besar Nasional |  |  |  |  |  |  |  | √ |  |  |  | √ |