

HEALTH CARE SERVICES

Onsite Early Care:
High School: Monday-6:30-9:30
High School: Wednesday-6:30-8:30
Village Hall: Thursday-6:15-8:15
*Lab draws, kit testing, BP Checks, scheduling

All appointments are confidential.

Primary Care (NP)- Marissa Zehren, APNP

- Respiratory symptoms (i.e. fever, sore throat, cough)
- Physicals for both sports and well-exams, wellness certificates
- Chronic disease management: Blood pressure, diabetes, high cholesterol and mental health.
- Acute symptoms (i.e. ear infections, headache, migraine, urinary tract and yeast infection, burns; X-rays not included)
- Minor treatments (i.e. wart treatment, staple removal)
- Immunizations and laboratory services
- Electronic medication prescriptions and refills



Marissa Zehren, APNP
Primary Care Provider

Village Hall
Mon: 7:00am-10:30am
Fri: 6:30am-10:30am
High School
Tue: 8:30am-10:30am, 1:15pm-4pm
Wed: 8:30am-10:45am, 1:15pm-3:15pm
Thurs: 8:30am-4pm
Parkview
Mon: 11am-1pm
Pioneer
Tues: 11am-1pm
Valley View
Wed: 11am-1pm
Cormier / District Office (Rotating)
Fri: 11:15am-1pm (Cormier)
Fri: 11 am-1pm (District Office)

Nurse Coach (RN)-Bobbi Kozloski

- Sore throats, earaches, sinus infections, and flu or cold symptoms
- Manage chronic conditions – high blood pressure diabetes, tobacco addiction, and more
- Lose weight and improve nutritional choices
- Learn and use stress-reduction techniques
- First aid for injuries
- Immunizations



Bobbi Kozloski, RN

Virtual Visits Only-Coaching
Thurs: 6:30am-9:00am

Onsite-Village Hall
Thurs: 9:15am-11:00am

Physical Therapy - No Referral Necessary

- Acute injury consultation
- Addresses muscle or joint discomfort from work- or nonwork-related injuries or illnesses
- Personal Exercise and stretching advice
- Ergonomic evaluations and equipment recommendations
- Post-surgical therapy
- Treatment techniques (options are specific to individual patient needs and include):

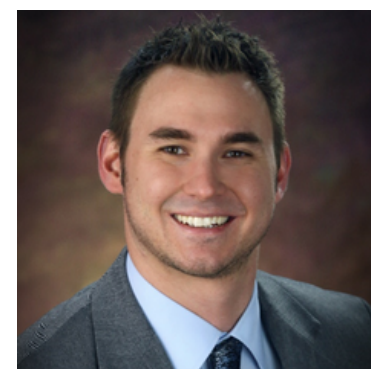
- Joint mobilizations
- Ultrasound
- Muscle energy techniques
- Custom splint
- Stretching fabrication
- Soft tissue/cross friction – a trigger-point massage technique
- Kinesiotaping – therapeutic taping
- Fitting for semi-custom – foot orthotics
- Active Release Technique (ART)
- Dry needling
- Manipulations



Phil Birdsall, PT, DPT

Village Hall
Tues: 6:00am-8:00am

High School
Wed: 6:00am-9:30am



Chad Meyer, OTR/L,
CEAS II

High School
Mon: 12:30pm-4:30pm

Village Hall
Thurs: 3:00pm-5:00pm



Schedule by scanning QR code with camera on phone.
Website: www.bellin.org/scheduling/ashwaubenon-school-district
or by calling **800.528.7883**.