



Our not-for-profit, community-based, two-hospital system demonstrates its dedication to the people in our communities by delivering a broad range of health care services, education, technology, and facilities.

SUPPORT GROUPS

- Alcoholics Anonymous
- Amputee
- Behavioral Health
- Course in Miracles
- Diabetes
- Food Addicts in Recovery
- Heart Club
- Lupus
- Mighty Strong MS
- Ostomy
- Overeaters Anonymous
- Pelvic Pain
- Perinatal Bereavement
- Stroke Club
- Weight Loss Surgery

Call the HealthLink Call Center at **1-800-515-0044** for meeting dates, times and locations.

FAMILY BIRTHPLACE

Classes offered, but not limited to, include:

- Prepared Childbirth
- Prenatal Breastfeeding
- Infant CPR
- Car Seat Safety Checks

Registration is required for all activities. Call the HealthLink Call Center at **1-800-515-0044** to register for a class or to make an appointment.

KAUFMAN CANCER CENTER

Call Cancer LifeNet for information on support groups and programs led by experienced professionals in a nurturing and safe environment at 1-866-393-4355 or 443-643-3350.



UPCOMING SPECIAL EVENTS & CLASSES

Visit the UM UCH website at www.umuch.org and click on Calendar for information on current special events such as **Dining with Docs**, a dinner and stimulating lecture with an UM UCH physician on a selected health topic.



HEALTHLINK COMMUNITY OUTREACH

Our HealthLink program works within our communities to serve as a resource and champion for wellness and health education. It will work collaboratively with its communities and other health organizations to serve as a resource for health promotion and education.

If your organization has specific programming needs, HealthLink's programs and services can be tailored to meet those needs.

We offer school based programs for children as well such as KATU (Kids Against Tobacco Use), the Teddy Bear Clinic, Glo-Germ, How Sweet It Is, and MANY more!

ONGOING HEALTH SCREENINGS

- Blood Pressure
- Body Fat Analysis
- Cardiac Risk Assessment
- Cholesterol
- Colorectal
- Diabetes Risk Assessment
- Foot and Eye
- Head, Neck and Oral Cancer
- Hearing
- Hemoglobin A1c
- Osteoporosis
- Seasonal Flu Clinic
- Skin Cancer
- Sleep Disorder
- Stroke Risk Assessment
- Vision

Call the HealthLink Call Center at **1-800-515-0044** to inquire about screening costs, dates, times and locations.

MEDICAL MOBILE VAN HEALTH SCREENINGS

Walk-ins accepted. Free services unless otherwise noted. Cash or check accepted.



- Blood Pressure
- Body Composition
- Sleep Apnea
- Cholesterol (\$10)
- Osteoporosis (\$15)
- Full Cardiac Risk Assessment (\$20)

Available on the fourth Tuesday of the month between 4 pm and 7 pm at the UCMC parking lot. Call HealthLink Call Center at **1-800-515-0044** for exact location.