

HEALTH & WELLNESS PROGRAMS

Your Health Comes First!



Check In With Your Health

Sometimes a busy schedule or a lack of medical insurance can prevent even the most health-conscious individuals from seeking medical care. If this applies to you, then the UNC Mobile Health Clinic can help. The clinic offers free health screenings and health information to any interested adults every second and fourth Tuesdays of the month. Appointments are not required, but can be scheduled between 10-11 a.m.

2nd Tuesday

Of Every Month
**Cooking/Nutrition
Demos**
10-11 a.m.
**Health Screenings
Walk-In**
11 a.m.-2 p.m.

4th Tuesday

Of Every Month
**Mental/Health
Support**
10-11 a.m.
**Health Screenings
Walk-In**
11 a.m.-2 p.m.

FREE Health Screenings Provided By The UNC School of Nursing at the WWCM

- ✓ Diabetes assessments
- ✓ Cholesterol assessments
- ✓ Mental Health screenings
- ✓ Education on chronic diseases
- ✓ Nutrition information
- ✓ Connecting to local resources
- ✓ Smoking cessation resources
- ✓ Sick care visits



UNC
SCHOOL OF NURSING

For more information, or to schedule an appointment, please contact us:

T: (919) 362-0657 / E: CONTACT@WWCM.ORG / WWW.WWCM.ORG

1600 Olive Chapel Rd. • Suite 408 • Apex, NC 27502