



Health in Motion Schedule

Itinerario de la Unidad Móvil

941-861-2873 www.sarasotahealth.org

JANUARY / ENERO 2019

SUN / DOM	MON / LUN	TUE / MAR	WED / MIE	THU / JUE	FRI / VIE	SAT / SAB
		1 	2	3 Salvation Army 1440 10th St Sarasota 9:30 a.m.— 3 p.m. BUS	4	5
6	7	8 Elsie Quirk Library 100 Dearborn St Englewood 10 a.m. -3 p.m. BUS	9 Nokomis Park Community Center 234 Nippino Trail E Nokomis 9 a.m.— 11 a.m.	10 Oak Ridge Apartments 8440 N Tamiami Trail Sarasota 12 p.m.- 5p.m. BUS	11	12
13	14	15 State College of Florida Venice Campus 8000 S. Tamiami Trail 10 a.m.- 3 p.m. BUS	16 USDA Food Distribution Sandra Simms Terry Community Center 509 Collins Road Laurel 10:30 a.m.—1:30 p.m.	17 Children First MLK Site 1742 Dr. MLK Jr. Way Sarasota 9:30a.m.— 3p.m. BUS	18 USDA Food Distribution Glasser Schoenbaum Center 1750 17th Street Sarasota 8 a.m.-10:30a.m.	19
20	21 	22 Prospect House Mental Health Community Center 240 S Tuttle Ave #B Sarasota 10:30p.m.-3p.m.	23	24 Habitat for Humanity Retail Store Venice 1400 Ogden Rd Venice 9:30 a.m.—3 p.m.	25	26
27	28	29	30	31		

Health in Motion Services • Servicios de la Unidad Móvil

SERVICES



Blood pressure screening



Body Mass Index (BMI) measurement



Diabetes - glucose screening



HIV and STD testing (select sites)



Tips for staying healthy

REFERRALS TO:



Quit Your Way
(Tobacco Free Florida)



Medical and Dental Care
at Community Health
Centers of Sarasota County

SERVICIOS



Evaluación de la presión arterial



Indice de Masa Corporal (IMC)



Pruebas de la diabetes



Pruebas de VIH y ETS (ciertos sitios)



Consejos para mantenerse saludable

REFERIDOS A:



Dejarlo a Tu Manera
(Tobacco Free Florida)



Atención médica y dental
en los Centros de Salud de la
Comunidad del Condado de Sarasota