





Sarasota County “Health in Motion” Schedule

Itinerario de la Unidad Móvil del Condado de Sarasota

January/enero 2017

MON / LUNES	TUE / MARTES	WED / MIERCOLES	THU / JUEVES	FRI / VIERNES
2 New Year's Day 	3	4 Salvation Army Family Center Venice 1160 U.S. 41 Bypass South Venice, FL 34285 9:30 a.m.—3 p.m.	5	6 Goodwill Manasota Center North Port 14249 Tamiami Trail (U.S. 41 & Sumter Blvd) North Port, FL 34287 9:30 a.m.—2:30 p.m.
9	10	11 Nokomis Park Community Center 234 E. Nappino Trail 9:30-11 a.m.	12 Sarasota County Jail (Not open to public)	13
16 Dr. Martin Luther King Jr. Holiday 	17	18 USDA Food Distribution—Sandra Simms Terry Community Ctr. 509 Collins Road Laurel, FL 34272 10:30 a.m.-1:30 p.m.	19 Habitat for Humanity Retail Store North Port 14253 Tamiami Trl North Port, 34287 9:30 a.m.-2:30 p.m.	20 Habitat for Humanity Retail Store Venice 1400 Ogden Rd Venice, FL 34285 9:30 a.m.-3 p.m.
23	24	25 Salvation Army Family Center Venice 1160 U.S. 41 Bypass South Venice, FL 34285 9:30 a.m.-3 p.m.	26	27
30 Goodwill Manasota North Trail Mecca 5150 N. Tamiami Trail Sarasota, FL 34234 9:30 a.m.—2:30 p.m.	31	28	29	30

Services Offered / Servicios Ofrecidos

- Blood pressure screening / Evaluación de la presión arterial
- Body mass index (BMI) measurement /screening/Índice de Masa Corporal (IMC)
- Diabetes - glucose screening / Pruebas de la diabetes
- Tips for staying healthy / Consejos para mantenerse saludable
- Individual Health education / Educación de salud individual
- Referrals to “Quit Your Way” with Tobacco Free Florida/ Referidos a una Florida Libre de Tabaco sin costo, Recursos de "Dejarlo a su Manera"
- Referrals to Community Health Centers of Sarasota County/ Asistencia en la localización de médico de cabecera

941-400-1412

www.sarasotahealth.org