

HealthStreet

RESEARCH HELPING PEOPLE

2401 SW Archer Road
Gainesville, FL 32608
(352) 294-4880

take RTS Bus routes: 1, 9, 12, 35 & 38




December 2013 Community Calendar

Services:

- Medical Referrals
- Health Research
- Clothing & Toiletries
- Social Service Referrals
- Health Screenings
- Confidential HIV Testing
- Condoms
- Health Education

The New Year is a great time to think about the positive changes you would like to make to feel happier and healthier. HealthStreet would like to help! Look out for upcoming events to empower you to feel your best yet!

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|--|-----------|
|  | 2 OPEN 9am-5pm Know your numbers! Confidential HIV testing & birth control counseling until 4:30pm | 3 OPEN 10am-6pm Know your numbers! Confidential HIV testing & birth control counseling until 5:30pm | 4 OPEN 9am-5pm Toiletry pantry open Health Insurance Marketplace Navigation 1-5pm | 5 OPEN 10am-6pm Know your numbers! Confidential HIV testing & birth control counseling until 5:30pm Fitness Bootcamp 5:30-6:30pm | 6 OPEN 9am-5pm Massage 1:00-4:00 Toiletry pantry open Confidential HIV testing & birth control counseling until 4:30pm | 7 CLOSED |
| 8 | 9 OPEN 9am-5pm Know your numbers! Confidential HIV testing & birth control counseling until 4:30pm | 10 OPEN 10am-6pm Know your numbers! Confidential HIV testing & birth control counseling until 5:30pm | 11 OPEN 9am-5pm Toiletry pantry open Health Insurance Marketplace Navigation 1-5pm | 12 OPEN 10am-6pm Know your numbers! Confidential HIV testing & birth control counseling until 5:30pm Fitness Bootcamp 5:30-6:30pm | 13 OPEN 9am-5pm Massage 1:00-4:00 Toiletry pantry open Confidential HIV testing & birth control counseling until 4:30pm | 14 CLOSED |
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| 22 | <h1>Closed for the Holidays</h1> | | | | | 28 |
| 29 | 30 | 31 | January 1st Happy New Year! | January 2nd HealthStreet returns to normal operating hours | | |

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Did you know that there are over 80,000 clinical trials occurring in the United States each year, but only 2% of the population actually participates? Research influences many of our current health policies, the medications we take, and more! Let your voice be heard! Help researchers uncover better ways to understand, diagnose, treat, and prevent illness. Discuss your health needs with a HealthStreet Community Health Worker and learn about research opportunities as well as medical and social services that might be available to you. Look for our team in your community, or visit our community site to get connected: 2401 SW Archer Rd, Bldg 0892, Gainesville, FL 32608.

Fitness Bootcamp!

HealthStreet now offers a FREE weekly Bootcamp exercise group. Come join us each Thursday from 5:30–6:30pm for heart pumping cardio and strength training. All fitness levels are welcome!

KNOW YOUR NUMBERS MONDAYS!

Stop in to HealthStreet every Monday to learn all about your blood pressure and BMI (Body Mass Index) – two very strong indicators of your health status.

Community Highlights

World AIDS Day Banquet

The local HIV support group “Positives Empowering Positives” will be hosting their 9th Annual World AIDS Day banquet on Friday, December 6th from 6-9pm and will be held at the Alachua County Health Department conference room. There will be food, fun and fellowship. The theme this year is “Seeds of Change” getting to zero... We will be spotlighting some community partners and advocates for all their hard work this year and that have joined in the fight against AIDS in the county. If you would like to attend the Banquet, which is FREE to attend. Please contact Teresa White Teresa.White2@flhealth.gov.

World AIDS Day Walk

Black AIDS Services & Education, BASE, will be hosting a World AIDS Day Walk on Saturday, December 7th, at the Southwest Advocacy Group (SWAG) Center 807 SW 64th Terrace, beginning at 11 am. African-Americans nationally, and statewide, experience higher rates of HIV and AIDS. In recent years, there has been a big jump in rates of HIV/AIDS among African-America women. According to the Black Women’s Health Imperative, HIV/AIDS related illness is the leading cause of death among African-American women ages 25-34.

The World AIDS Day Walk will be an opportunity to show support those living with HIV/AIDS, promote prevention and testing, raise funds and awareness about HIV/AIDS. For more information contact Dr. Mike Bowie at mbowie@ufl.edu.

World AIDS Day

World AIDS day began in 1988 as a global initiative to show support for those living with HIV/AIDS, decrease stigma, and encourage friends and family to be tested.

Early diagnosis and treatment of HIV has shown to further reduce the spread of the illness. It is recommended that we all be tested for HIV at least once a year.

HealthStreet offers free confidential HIV testing, education on sexually transmitted diseases and safer sex kits to help protect yourself and loved ones.

Healthy for the Holidays

During the month of December, HealthStreet will be providing small tips to promote health during the holiday. With all of traveling, shopping, cooking and planning, we can sometimes deviate from our personal health maintenance plans. Stop into HealthStreet or see one of our Community Health Workers for these tips.

Meet with a Health Insurance Marketplace Navigator

Each Wednesday, 1-5pm, a trained and certified Health Insurance Marketplace Navigator from the Suwannee River Area Health Education Center will be at HealthStreet to discuss your health insurance options and assist with enrollment. For more information and what document to bring, contact HealthStreet or visit <http://wellflorida.com/>

STRESS-FREE FRIDAYS!

Dr. Wendy Noon from Suwannee Valley Massage Therapy Association will be with us each **Friday 1-4 pm!** Please call to schedule your appointment for free massage.