



SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 Closed for Labor Day	3 Open 10am—7pm 11-12p Veteran's Back on Track 4-6p Cooking Matters** 4:30-6:15p AnARTists Community Group Clothing Closet & Toiletries	4 Open 10am—6pm Clothing Closet & Toiletries	5 Open 10am—6pm 1:30-2:30p Tai-Chi for Arthritis and Fall Prevention 2:30-3:30p Veterans Life Paths Clothing Closet & Toiletries	6 Open 10am—4pm Clothing Closet & Toiletries	7 Closed	8 Closed
9 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** 5-8p Neurocognitive Screening Initiative (NSI) Clothing Closet & Toiletries	10 Open 10am—7pm 11-12p Veteran's Back on Track 5-6p Prostate Cancer Support Group Clothing Closet & Toiletries	11 Open 10am—6pm Clothing Closet & Toiletries	12 Open 10am—6pm 2:30-3:30p Veterans Life Paths Group Clothing Closet & Toiletries	13 Open 10am—4pm Clothing Closet & Toiletries	14 Closed	15 Closed
16 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** Clothing Closet & Toiletries	17 Open 10am—7pm 11-12p Veteran's Back on Track Clothing Closet & Toiletries	18 Open 10am—6pm Clothing Closet & Toiletries	19 Open 10am—6pm 2:30-3:30p Veterans Life Paths Group Clothing Closet & Toiletries	20 Open 10am—4pm 9am-1pm Fading Out Violence Expo at Bo Diddley Plaza 10a-12p Safety Net Meeting Clothing Closet & Toiletries	21 Open 10am—2pm 1-3p 2nd Annual Taste of Spring Hill at Spring Hill Church	22 Closed 8:30-10:30am Run for Your Life 5k at Depot Park
23 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** 7p TranQuility Group Clothing Closet & Toiletries	24 Open 10am—7pm 11-12p Veteran's Back on Track 4-6p Cooking Matters** 5:30-8:30p EAC Eye Clinic** Clothing Closet & Toiletries	25 Open 10am—6pm 12-1p Cancer Connections 12-1p Diabetes Support Group 1:30-2:30p Cancer Support and Wellness Series Clothing Closet & Toilet-	26 Open 10am—6pm 11-1p Smoking Cessation 1:30-2:30p Tai-Chi for Arthritis and Fall Prevention 2:30-3:30p Veterans Life Paths Group Clothing Closet & Toiletries	27 Open 10am—4pm Clothing Closet & Toiletries	28 Closed	29 Closed
30 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** Clothing Closet & Toiletries						

**Registration required

Monday: 10:00am - 8:00pm

Tuesday: 10:00am - 7:00pm

Wednesday, Thursday: 10:00am - 6:00pm

Friday: 10:00am - 4:00pm

RTS Bus Routes to HealthStreet: 1, 9, 12, 35, 38

2401 SW Archer Road

Gainesville, FL 32608

(352) 294-4880

www.myhealthstreet.org

CALENDAR COLOR KEY

- HealthStreet Initiatives
- Outside organizations meeting at HealthStreet
- Outside Events
- Special Events

HealthStreet

RESEARCH HELPING PEOPLE



@UFHealthStreet

HealthStreet is an innovative community engagement program at the University of Florida that aims to improve the health of our community by bridging gaps in healthcare and research. Our program offers referrals to medical and social services, as well as opportunities to participate in health research health education.

Sign Up For Our Newsletter to:

- ◆ Receive monthly updates on events and classes
- ◆ Receive information on new health studies
- ◆ Receive tips and activities for healthier living
- ◆ To sign up, visit our website at www.MyHealthStreet.org or contact us at HealthStreet@ufl.edu

Free Classes & Workshops

AnARTists Community Group

- ◆ A free monthly art group for all adults. Each month is a new project led by a member or a local artist. No art experience necessary for participants.

Tai-Chi for Arthritis and Fall Prevention

- ◆ A free Tai-Chi class for Veterans. No experience necessary for participants. All veterans are welcome.

Support Groups

Achua County Prostate Cancer Alliance

- ◆ Meets the 2nd Tuesday of every month
- ◆ Support group for survivors and caregivers.
- ◆ Contact Braxton Linton at (352) 372-6005 for information.

Diabetes Support Group

- ◆ Meets the last Wednesday of every month
- ◆ Health education and support for adults with diabetes!
- ◆ Contact HealthStreet at (352) 294-4880 for information.

TranQuility Support Group

- ◆ Meets the 4th Monday of every month
- ◆ Space within the community to nurture transgender and non-binary individuals.
- ◆ Contact the group at mahalaekolane@yahoo.com.

Cancer Connections Support Group

- ◆ Meets the 3rd or 4th Wednesday of every month.
- ◆ Open to all cancer patients, survivors, caregivers, and healthcare professionals.
- ◆ Contact Jodian Blake at blake.j@ufl.edu for more information.

Cancer Support & Wellness Series

- ◆ Meets the 4th Wednesday of every month.
- ◆ Open to all cancer patients, family & the community

“Back on Track” Veterans Recovery Group

- ◆ Meets every Tuesday
- ◆ Contact Chelsey Curran at (352) 213-8409 for more information.

Life Paths Veterans Group

- ◆ Meets every Thursday
- ◆ Acceptance and commitment therapy (ACT) is rapidly gaining recognition in numerous therapy settings as a treatment of choice. Findings suggest that participants develop enhanced awareness and management of their emotions as a result of this program.
- ◆ Contact Chelsey Curran at (352) 213-8409 for more Information.

Resources at HealthStreet

UF Equal Access Clinic: Eye Exams

- ◆ Meets last Tuesday of every month
- ◆ Student-run specialty clinic that provides free eye exams
- ◆ For appointments: leave a message at (352) 580-0393

UF Equal Access Clinic: Free Therapy Night

- ◆ Meets every Monday
- ◆ Student-run specialty clinic that provides free mental health counseling
- ◆ People undergo an intake session to determine eligibility for 5 weekly individual sessions
- ◆ Contact (352) 325-1775 to make an appointment.

Neurocognitive Screening Initiative

- ◆ Mondays at 5:30pm and 6:30pm
- ◆ For adults (ages 18+) who have concerns about their thinking and/or memory – including symptoms of ADHD, epilepsy, stroke, traumatic brain injury, and dementia syndromes like Alzheimer's disease.
- ◆ Call (352) 888-7940 to make an appointment.

Free HIV Testing

- ◆ HealthStreet provides free and confidential HIV testing
- ◆ Call (352) 294-4880 to schedule your appointment

IQUIT Smoking Cessation at HealthStreet!

- ◆ Meets the 4th Thursday of every month
- ◆ Goal of the program is to strengthen the capacity of Florida's healthcare system to deliver effective evidence-based tobacco use treatment and prevention services
- ◆ Contact UF AHEC to register at (352) 273-8530

Health and Cancer Resource Center

- ◆ Provides the Gainesville community with support and information regarding various health conditions
- ◆ Informational materials at the library are free.

Grocery Tours

- ◆ Shopping for healthy foods on a budget—if you're eligible for SNAP benefits this grocery store tour is for you! Call the Family Nutrition Program at 352-294-3865 or sign up online at tinyurl.com/ycbjg234.
- ◆ Contact HealthStreet for more info: (352) 294-4880