

# mobile Wellness



## APRIL 2024



## ABOUT THE MOBILE WELLNESS VAN

The Mobile Wellness van is focused on one goal: making good health simple. With this mobile unit, Live HealthSmart Alabama brings comprehensive health screenings—at no cost—to your community.

We identify what your body needs to stay healthy and show you how to make positive lifestyle changes. If any of your numbers are out of normal range, we'll recommend the next steps in your healthcare journey. In just 15-minutes, you'll know your numbers for height, weight, BMI; blood pressure; cholesterol, blood sugar; and other health risks. Check the schedule above to see when we will be in your neighborhood.

Date	Time	Location
Saturday, April 6	9:30 AM - 1:30 PM	<b>Groveland Baptist Church</b> 5437 5th Ave S Birmingham, AL 35212
Friday, April 12	10 AM - 2 PM	<b>True Love Baptist Church</b> 1001 35th Street Ensley Birmingham, AL 35203
Monday, April 15	9 AM - 12 PM	<b>Spring Gardens</b> 201 Spring Gardens Dr Birmingham, AL 35217
Wednesday, April 24	1 PM - 5 PM	<b>Edmundite Missions Bullock Community and Rec Center</b> 1428 Broad Street Selma, AL 36701
Thursday, April 25	9 AM - 1 PM	<b>Rangedale Apartments</b> 1 Twilley Street Selma, Alabama 36701