



February 2020

Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED
3 Open 10am—8pm 10a-3p Smoking Cessation Class 5-8p Neurocognitive Screening Initiative (NSI) 5:30-7:30p EAC Free Therapy Night** Clothing Closet & Toiletries	4 Open 10am—7pm 10a-3p Smoking Cessation Class 11a-12p Veteran's Back on Track 4:15-6:15p AnARTists Community Group Clothing Closet & Toiletries	5 Open 10am—6pm Clothing Closet & Toiletries	6 Open 10am—6pm 1:30-2:30p Tai-Chi for Arthritis and Fall Prevention 2:30-3:30p Seeking Safety Support Group 5:30-6:30p Bladder Cancer Support Group Clothing Closet & Toiletries	7 Open 10am—4pm Clothing Closet & Toiletries	8 CLOSED
10 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** Clothing Closet & Toiletries	11 Open 10am—7pm 11a-12p Veteran's Back on Track 5:30-7:00p OCOH: Distracted Driving Clothing Closet & Toiletries	12 Open 10am—6pm Clothing Closet & Toiletries	13 Open 10am—6pm 1:30-2:30p Tai-Chi for Arthritis and Fall Prevention 2:30-3:30p Seeking Safety Support Group Clothing Closet & Toiletries	14 Open 10am—4pm Clothing Closet & Toiletries	15 Open 10am—2pm Clothing Closet & Toiletries
17 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** Clothing Closet & Toiletries	18 Open 10am—7pm 11a-12p Veteran's Back on Track Clothing Closet & Toiletries	19 Open 10am—6pm Clothing Closet & Toiletries	20 Open 10am—6pm 1:30-2:30p Tai-Chi for Arthritis and Fall Prevention 2:30-3:30p Seeking Safety Support Group Clothing Closet & Toiletries	21 Open 10am—4pm 10a-12p Safety Net Meeting Clothing Closet & Toiletries	22 CLOSED
24 Open 10am—8pm 5:30-7:30p EAC Free Therapy Night** Clothing Closet & Toiletries	25 Open 10am—7pm 11a-12p Veteran's Back on Track 5:30-8:30p EAC Eye Clinic** Clothing Closet & Toiletries	26 Open 10am—6pm 11a-1:30p Cancer Connections 12-1p Diabetes Support Group 1:30-2:30p Cancer Educational Wellness Series Clothing Closet & Toiletries	27 Open 10am—6pm 11a-1p Smoking Cessation Class 1:30-2:30p Tai-Chi for Arthritis and Fall Prevention 2:30-3:30p Seeking Safety Support Group Clothing Closet & Toiletries	28 Open 10am—4pm Clothing Closet & Toiletries	29 CLOSED

Monday: 10:00am - 8:00pm

Friday: 10:00am - 4:00pm

Tuesday: 10:00am - 7:00pm

Saturday: 10:00am - 2:00pm

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

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

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

**Registration required

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 and 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.

Visit our website at www.MyHealthStreet.org or contact us at HealthStreet@ufl.edu to sign up.

Free Classes and 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. Everyone is welcome.

Support Groups and Programs

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.

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 Educational Wellness Series

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

“Back on Track” Veterans Recovery Group

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

Seeking Safety Support Group

- ◆ Meets every Thursday.
- ◆ Seeking Safety is a present-focused coping skills group designed for people with problems associated with alcohol or drug use and with ongoing difficulty related to past traumatic experiences.
- ◆ The groups are structured and focus on specific topics related to learning coping skills to safely manage symptoms/problems related to alcohol/substance use and history of traumatic experiences.
- ◆ Contact **Chelsey Curran** at **(352) 213-8409** for more information.

Bladder Cancer Support Group

- ◆ Meets the 1st Thursday of every quarter.
- ◆ Open to all patients, survivors, family, and friends.
- ◆ Contact **Shelly Doran** at michelle.doran@urology.ufl.edu for more information.

Free HIV Testing

- ◆ HealthStreet provides free and confidential HIV testing.
- ◆ Contact **HealthStreet** at **(352) 294-4880** to schedule your appointment.

Resources at HealthStreet

UF Equal Access Clinic: Eye Exams

- ◆ Meets last Tuesday of every month.
- ◆ Student-run specialty clinic that provides free eye exams.
- ◆ Call **(352) 580-0393** to make an appointment.

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.
- ◆ Call **(352) 325-1775** to make an appointment.

Neurocognitive Screening Initiative

- ◆ Mondays at 5:30 pm and 6:30 pm.
- ◆ 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.

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** at **(352) 273-8530** to register.

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 visit tinyurl.com/ycbjg234 to sign up.
- ◆ Contact **HealthStreet** at **(352) 294-4880** for information.