

**mobile  
Wellness**



## APRIL 2025

Birmingham, AL

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
Tuesday, April 1st	10 am - 2 pm	<b>Lawson State College - Bessemer Campus</b> 1100 9th Ave SW
Tuesday, April 8th	10 am - 2 pm	<b>Park Place</b> 2200 Park Place
Wednesday, April 9th	10 am - 2 pm	<b>Freedom Manor</b> 1631 5th North
Saturday, April 12th	9 am - 12 pm	<b>Bham Chapter of Links Miles College Student Center</b> 5500 Myron Massey Blvd
Tuesday, April 22nd	11 am - 3 pm	<b>Woodlawn Library</b> 57091st Ave North
Wednesday, April 23rd	11 am - 3 pm	<b>MLK Recreation Center</b> 529 43rd Street North
Tuesday, April 29th	10 am - 2 pm	<b>Titusville Library</b> 2 6th Ave SW
Wednesday, April 30th	10 am - 2 pm	<b>Garden of Hope</b> 2017 Jefferson Ave SW



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