



NOVEMBER 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, November 2	9:30 AM - 1:30 PM	Upper Room Fellowship Church 842 Glen Oaks Drive Birmingham, AL 35064
Wednesday, November 6	9:30 AM - 1:30 PM	Bundles of Hope 1430 Reverend Abraham Woods Boulevard Birmingham, AL 35203
Tuesday, November 12	9:30 AM - 1:30 PM	Mills Pharmacy 30-A Phillips Drive Midfield, AL 35228
Wednesday, November 13	9:30 AM - 12:30 PM	East Lake Villa Maria 500 82nd Street South Birmingham, AL 35206
Thursday, November 14	10 AM - 2 PM	Senior Wellness Expo - 6th Ave Baptist Church 1101 Martin Luther King Jr. Drive Birmingham, AL 35211
Friday, November 15	9 AM - 1 PM	Roosevelt City Recreation Center 5904 Higan Avenue Birmingham, AL 35228