



### 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. 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
Wednesday, September 4	10 AM - 2 PM	<b>St. Matthews Church</b> 202 6th Street Docena, AL 35060
Tuesday, September 10	10 AM - 2 PM	<b>Avondale Library</b> 509 40th Street So. Birmingham, AL 35222
Wednesday, September 11	1 pm - 4 pm	<b>McMillian Estate</b> 1001 57th Street Birmingham, AL 35228
Tuesday, September 17	10 AM - 2 PM	<b>New Pilgrim Towers</b> 3416 7th Ave South Birmingham, AL 35222
Wednesday, September 18	9:30 AM - 12:30 PM	<b>Bundles of Hope</b> 1430 Rev Abraham Woods Jr. Blvd Birmingham, AL 35203
Saturday, September 28	9:30 AM - 1:30 PM	<b>Christian Walk Baptist Church</b> 1023 Woodward Road Birmingham, AL 35228