

**FREE  
MEDICAL  
CLINICS**  
FOR UNINSURED



**NASEAU Clinic**

(Eastside Soup Kitchen)  
940 E. Genesee, Saginaw MI 48601  
Wednesday, March 2nd and 16th  
10:30am to 12pm  
*Blood Pressure & Blood Sugar Checks*  
*EVERY WEDNESDAY*  
*10:30am to 12:30pm*

**Family Life Community Clinic**

(New Life Ministries)  
2nd Saturday of the Month  
217 S. 7<sup>th</sup> Street, Saginaw MI 48607  
Saturday, March 12th 10am to 1pm

**Cathedral Clinic & Screening**

(Cathedral of Mary of the Assumption)  
3rd Saturday of the Month  
615 Hoyt Ave, Saginaw MI 48607  
Saturday March 19th 9:00am-11:00am

**For questions related to the FREE Clinics  
Please contact Mel Bailey at 907-7603**

**Anderson Eye Clinic** (Eastside Soup Kitchen)

940 E. Genesee, Saginaw MI 48601  
**Please call Patrice at 907-8072 for date  
and to schedule an appointment**

**LAUNDRY**

Attendance of any of the Wellness Activities will  
earn you a voucher for 3 loads of laundry each  
week.

Laundry facilities are available  
Monday through Friday

**\*MUST HAVE VOUCHER TO SCHEDULE\***



Non-Profit  
Organization  
U. S. Postage PAID  
Permit No. 343  
Saginaw, MI



**Cooking Matters**

Learn healthy food skills to help you gain knowledge and confidence you need to enrich your families with nutritious and wallet-friendly meals.

Learn about:

- Selecting nutritious foods
- Preparing healthy food
- Choosing budget-friendly ingredients that are necessary to prepare healthy meals for your family

St. Mary's Center of HOPE is partnering with MSU extension to provide this Free Cooking Matters Class.

Call Mel at 989-907-7603 for class dates, times and to Register

**Cathedral District**

**Neighborhood Association Meeting**

The Monthly Meeting of the CDNA will be  
Monday March 14th at 7:00 pm  
at the Center of HOPE  
Everyone is invited!

**Free Neighborhood Luncheon**

Everyone Welcome  
Wednesday March 9th 11:00-1:00

**Brown Bag Day**

If you have questions about your medications bring them in a brown bag and talk to our Pharmacist

**Personal Action Towards Health (PATH) for Diabetes**

**Do you or someone you know have Diabetes?**

If yes, Join us and learn techniques to deal with:

- Symptoms of diabetes
- Healthy eating habits
- Proper use of medications
- Appropriate exercise for strength and endurance
- How to work more effectively with health-care providers
- How to make an action plan
- Brainstorm and problem solve

6 Week Workshop — 2.5 hours per week

Cost:: Free

Call Mel for more information at 989-907-7603 to Register



723 EMERSON, SAGINAW MI 48607  
 PHONE 907-8775 FAX 907-7702

**CENTER OF HOPE FREE PROGRAMS & CLASSES MARCH 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Walking Club 9:00-10:00 Naseau Clinic 10:30 – 12:00 (East Side Soup Kitchen)	Yoga for Anybody 11:00 – 12:00	Walking Club 9:00-10:00	
6	7	8	9	10	11	12
	Walking Club 9:00-10:00  Yoga for Anybody 11:00-12:00	Int'l Women's Day	Walking Club 9:00-10:00  FREE Community Luncheon 11:00 – 1:00	Yoga for Anybody 11:00 – 12:00	Walking Club 9:00-10:00	Family Life Clinic New Life Ministries Blue House across the street on 7th and Janes 10:00am-1:00pm
13	14	15	16	17	18	19
Daylight Savings Time Begins	Walking Club 9:00-10:00  Yoga for Anybody 11:00-12:00  Neighborhood As- soc. Meeting 7:00 pm		Walking Club 9:00-10:00  Naseau Clinic 10:30 – 12:00 (East Side Soup Kitchen)	St. Patrick's Day  Yoga for Anybody 11:00 – 12:00	Walking Club 9:00-10:00	Cathedral Clinic St. Mary's Cathedral Church on Hoyt 9:00am-11:00am
20	21	22	23	24	25	26
	Walking Club 9:00-10:00  Yoga for Anybody 11:00-12:00	World Water Day	Walking Club 9:00-10:00	Yoga for Anybody 11:00 – 12:00	Good Friday CLOSED	
27	28	29	30	31		
Easter	Walking Club 9:00-10:00  Yoga for Anybody 11:00 – 12:00		Nat'l Doctor's Day  Walking Club 9:00-10:00	Yoga for Anybody 11:00 – 12:00		

**MONDAY–FRIDAY  
 9:00AM – 4:00PM**  
**PHARMACY OPEN MONDAY, WEDNESDAY,  
 THURSDAY, FRIDAY 10:00AM – 4:00PM**

**Diabetes Prevention Program**  
 Have you been told you have  
 Pre-diabetes,  
 Borderline Diabetes,  
 High Blood Sugar, or  
 Gestational Diabetes?  
 Does diabetes run in your family?  
 Join this engaging, fun,  
 clinically-proven and effective program that pro-  
 vides health coaching and social support to help  
 you stop Diabetes before it starts.  
 COST: FREE  
 For additional questions and to Register  
 Call Mel at 989-907-7603

**WISEWOMAN Program**  
 Women ages 30-64  
 Free Cholesterol, Blood Sugar Testing,  
 Free Blood Pressures and Health Coaching  
**Breast & Cervical Cancer Screening Program**  
 Women 40-64  
 Free Mammograms & Pap Smears  
 For Women without insurance, income based  
 For more information  
 Please call Patrice 989-907-8072