



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
Monday, December 2	9 AM - 1 PM	Western Health Center 631 Bessemer Super Hwy. Midfield, AL 35228
Tuesday, December 3	9 AM - 1 PM	Western Health Center 631 Bessemer Super Hwy. Midfield, AL 35228
Wednesday, December 4	9 AM - 1 PM	Western Health Center 631 Bessemer Super Hwy. Midfield, AL 35228
Thursday, December 5	10 AM - 2 PM	Sheppard Senior Center 700 Huffman Road Birmingham, AL 35215
Friday, December 6	9 AM - 1 PM	Western Health Center 631 Bessemer Super Hwy. Midfield, AL 35228
Wednesday, December 11	9:30 AM - 1:30 PM	Bundles of Hope 1430 Reverend Abraham Woods Jr. Blvd Birmingham, AL 35203 <i>**No Vendors**</i>