



# coming your way

## ***11th Street Family Health Services of Drexel University Programs and Services***

11th Street  
Family Health Services  
of Drexel University  
in partnership with the  
Family Practice and Counseling Network  
850 North 11th Street  
Philadelphia, PA 19123



### **Make us YOUR Health Care Provider!**

We accept many health insurances and we never turn anyone  
away because of inability to pay!

We have a sliding scale program for uninsured patients

# caring for YOU

Our friendly people are here to help you ...  
from medical care to dentistry to healthy living  
tips. 11th Street Family Health Services is the  
community resource for you and your family.

## Health and Wellness Programs Spring 2013

### Cooking Classes

Tuesdays 12:00–2:00 PM  
Call (215) 769-1582

### Mind Body Stress Reduction

Must Register-Call Kathleen  
(215) 769 -2157

### Monthly Stress Management

Last Thursday of the Month  
12:30-2:00 PM

### Diabetes Mapping

Wednesdays  
10:00 AM-12:00 PM  
Must Register-Call Jennifer  
(215) 769-1116

### Power Over Pain

Thursdays

### Yoga & Mindfulness

Monday, Wednesday, Friday  
10:00-11:30 AM

### Total Body Conditioning

Mondays 9:00 -9:30 AM

### Kickboxing

Thursdays 3:30-4:00 PM

### BLT (Butt , Legs, & Thighs)

Thursdays 10:00– 10:30 AM

### Weekend Stretch

Fridays 2:30-3:00 PM

### Teens in the Kitchen Cooking

4:00- 5:30 PM

Call Jennifer F. (215) 769-2156





**Farms to Families**

Fresh local produce

\$10 & \$15

Thursdays 2:30-6:00 PM

Call (215) 769-1582

**Fitness Center**

Monday-Thursday

9:00 AM-12:30 PM

1:00-5:30 PM

Friday: 8:00 AM-12:30 PM

1:00-3:00 PM

**Teen Talk**

Call Jennifer F. (215) 769-2156

**Smoking Cessation**

Thursdays 12:00-1:00

To Register Call Jennifer F.

(215) 769-2156

**Legal Clinic**

Appointments Only

Call Karen Raab

(215) 571-4722



**Call Jennifer at 215-769-1116 for more information**



**11th Street Family Health Services  
of Drexel University**

850 North 11th Street  
Philadelphia, PA 19123

Primary Care/Main Desk 215-769-1100

Dental Office 215-769-1694

Behavioral Health 215-769-1103





# Health Care and Counseling Services

in partnership with the Family Practice and Counseling Network

## Appointment Required Nurse Practitioner:

### Open Access for:

Family Planning, GYN exams, Birth Control, Immunizations (shots), Physicals (infants, children & adults), Sick visits & Follow up care

Call 215-769-1100 Monday– Friday

8:00 AM for a same day appointment

Saturday appointments are pre-booked

## Specialty Providers:

### Pre-scheduled Appointments for:

Nutrition Education

Held Daily

Group Pregnancy Care: Wednesdays

Group Well Child Care: Fridays

Midwife Services: Prenatal Postnatal: Wednesdays

Podiatry: 1st, 2nd, 3rd, 4th Tuesdays

Integrated Behavioral Health: Daily

Other Specialty Services

Held as providers are available

Call 215-769-1100 Monday– Friday

to schedule a pre-booked appointment

## Behavioral Health Services:

### Call 215-769-1103 for help with:

Stress, depression, life issues & trauma

Licensed professionals provide counseling & medication services for adults & children

### Dance Movement Therapy

Contact Lindsay at 215-965-2969 to discuss group or individual therapy

## Dental:

We accept most Medicaid and many PPO plans including:

United Healthcare Community Plan, Health

Partners, Keystone Mercy

### Sliding Fees for uninsured

Call 215-769-1594 for a list of other accepted insurances

### Dental Services:

General & Pediatric Dentistry, Crowns, Dentures, Comprehensive Exams, Thorough Cleaning (Prophylaxis), X-Rays, Periodontal Services, and much more.

## Walk-In Services

Some services are offered without an appointment. Please see the following list for information.

## Nurse Screenings:

Blood Pressure Checks

Blood Glucose Checks

Monday–Friday 9:00-11:00 AM

## Social Worker:

Community Resources

Insurance assistance

Prescription drug assistance

Monday–Friday

9:00 AM-5:00 PM

## Physical Therapy:

Assessments Treatment

Monday 8:30 AM-2:30 PM

Thursday 8:30 AM-2:30 PM

## Lab Tests:

STD and HIV testing

Blood work

PPD Skin Test Placement

PPD Readings

Monday–Friday 9:00-11:00 AM

Monday–Thursday 1:00-3:00 PM

Monday, Tuesday, Thursday

5:00-6:00 PM

## Birth Control Refills:

Oral, patches, injections

Condoms

Monday-Friday 9:00-11:00 AM

Monday-Thursday 1:00-3:00

PM

Monday, Tuesday, Thursday

5:00-6:00 PM

## Pharmacy

Monday, Tuesday, Thursday:

9:30-5:30pm

Wednesday, Friday: 8:30-

5:00pm

## Medical Records:

Request & Receive Medical Records

Wednesday 9:00-11:00 AM

Friday 1:00-3:00 PM

## Non-Patient Services

Some services are offered to any one even if they are not an active patient at the clinic

## Community Flu Shot:

Free Adult Flu Vaccines

Monday-Friday

9:00-11:00 AM

Monday, Wednesday

1:00-3:00 PM

## HIV Testing:

Monday– Friday

9:00-11:00 AM

Monday–Thursday

1:00-3:00 PM

Monday, Tuesday,

Thursday

5:00-6:00 PM

## Nurse Family Partnership:

Home visiting program

First time pregnant

moms

Monday-Friday

9:00 AM-5:00 PM

Call 215-287-2114

11th Street runs your way!