

## coming your way

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

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

11th Street



#### 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 77011

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

#### <u>Kickboxing</u>

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**

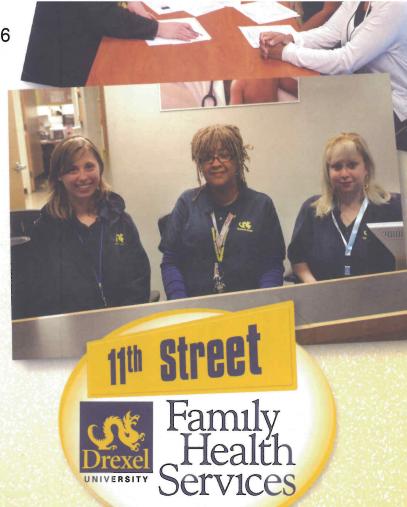
Thursdays 12:00-1:00 To Register Call Jennifer F. (215) 769-2156

#### Legal Clinic

Appointments Only Call Karen Raab (215) 571-4722







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

#### **Specialty Providers:**

Saturday appointments are pre-booked

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

#### <u>Dental:</u>

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!