



# EL CENTRO DE TOPEKA

In partnership with  
Washburn University School of Nursing  
Is offering a FREE

# Mobile Health Clinic

Every Tuesday  
From 9:00am - 3:00pm  
In Our Lady of Guadalupe Church parking lot.  
201 NE Chandler Street, Topeka, Kansas 66616  
Starting January 23rd thru May 1st, 2018

<b>January</b>						
<u>Sun</u>	<u>Mon</u>	<b><u>Tues</u></b>	<u>We</u> <u>d</u>	<u>Thur</u> <u>s</u>	<u>Fri</u>	<u>Sat</u>
21	22	<b>23</b>	24	25	26	27
28	29	<b>30</b>	31			
<b>February</b>				1	2	3
4	5	<b>6</b>	7	8	9	10
11	12	<b>13</b>	14	15	16	17
18	19	20	21	22	23	24
25	26	<b>27</b>	28			
<b>March</b>				1	2	3
4	5	<b>6</b>	7	8	9	10
11	12	<b>13</b>	14	15	16	17
18	19	<b>20</b>	21	22	23	24
25	26	<b>27</b>	28	29	30	31
<b>April</b>						
1	2	<b>3</b>	4	5	6	7
8	9	<b>10</b>	11	12	13	14
15	16	<b>17</b>	18	19	20	21
22	23	<b>24</b>	25	26	27	28
29	30					
<b>May</b>		<b>1</b>				



### Free Health Screenings

- Blood pressure & pulse
- Diabetes
- Height/weight/BMI
- Medication review



### Free Patient education

- Different disease processes
- Diabetes
- Heart disease
- Nutrition & exercise



For more information call  
El Centro at 785-232-8207