

# UNMC Health Clinics

A \$15 suggested contribution will help us continue to provide services.



## Downtown Center

1005 "O" St., lower level

### Schedule

- Thursday, 9:30 a.m. to 1:30 p.m.  
Nov. 1, 8, 15 and 29  
Dec. 6 (foot care only)

### Services Available

Comprehensive foot care, ear wax removal, blood glucose screenings, blood pressure screenings, cholesterol screenings and health promotion education.

Osteoporosis screenings are not available at the Downtown Clinic.

## Vermeer

### Education Center

4000 S. 84th St., (located north of St. Mark's Church)

### Schedule

- Wednesday, 9:30 a.m. to 1:30 p.m.  
Nov. 7, 14 and 28  
Dec. 5 (foot care only)

### Services Available

Comprehensive foot care, blood glucose screenings, blood pressure screenings, cholesterol screenings, osteoporosis screenings and health promotion education.

For details on the UNMC Health Clinics,  
call 402-441-7575.



# Community Health and Fitness Classes

## Chair Tai Chi

Aging Partners Fitness Center  
555 S. 9th St.  
Tuesdays, 9:45 to 10:30 a.m.

## Dynamic Movement

- ➔ Cotner Center Condominium  
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)  
Mondays, 2 to 3 p.m.  
Sept. 10 through Nov. 19 (no class Nov. 12)  
(10-week session)
- ➔ St. Mark's United Methodist Church  
8550 Pioneers Blvd. (church gymnasium)  
Thursdays, 3:30 to 4:30 p.m.  
Sept. 13 through Nov. 29 (no class Nov. 22)  
(11-week session)
- ➔ Auld Pavilion, 1650 Memorial Drive  
Tuesdays, 9:30 to 10:30 a.m.  
Sept. 18 through Nov. 27 (11-week session)

## Qigong Refresh and Recharge

Auld Pavilion, 1650 Memorial Drive  
Thursdays, 9:30 to 10:30 a.m.  
Sept. 13 through Nov. 29 (no class Nov. 22)  
(11-week session)

## Tai Chi – Continuing 24 Form

Cotner Center Condominium  
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)  
Mondays, 10 to 11 a.m.  
Sept. 10 through Nov. 19 (no class Nov. 12)  
(10-week session)

## Tai Chi – Moving for Better Balance

- ➔ F Street Community Center, 1225 "F" St.  
Tuesdays and Thursdays, 10:30 to 11:30 a.m.  
Sept. 11 through Dec. 4
- ➔ Eastridge Presbyterian Church  
1135 Eastridge Drive  
Mondays and Thursdays  
1:30 to 2:30 p.m.  
Sept. 17 through Dec. 13  
(no class Nov. 12 and 22)

## Beginners 8 Form Tai Chi for Balance and Fall Prevention

Auld Pavilion, 1650 Memorial Drive  
Tuesdays, 10:45 to 11:45 a.m.  
Sept. 18 through Nov. 27 (11-week session)



## Chair Yoga

- ➔ East Lincoln Christian Church  
7001 Edenton Road  
Fridays, 11 a.m. to noon  
Sept. 14 through Nov. 30 (no class Nov. 23)  
(11-week session)
- ➔ Eastridge Presbyterian Church  
1135 Eastridge Drive  
Wednesdays, 1:30 to 2:30 p.m.  
Sept. 5 through Nov. 21 (12-week session)

For details on these classes,  
call 402-441-7575.