

OCTOBER 2020



StepHEALTHY

Memorial Hermann

Monthly Newsletter of Memorial Hermann - CCHH



Food Distributions



Wesley Pantry

1235 Lorraine St, 77009
Wednesdays & Fridays, 9AM - 12PM

MD Anderson Family YMCA

705 Cavalcade, 77009
Every Monday in October
10/05, 10/12, 10/19, 10/26
9:00 AM - While Supplies Last

StepHealthy Day at Wesley CC

1235 Lorraine St, 77009
October 17 & 24,
10:00 AM - 12:00 PM

Burbank Clinic

MEMORIAL
HERMANN

Cold and Flu Season

Follow these Helpful Cold/Flu & COVID-19 Preventative Tips:

- Get a flu vaccine for your child
- Teach children to wash their hands often
- Remind children to not touch their eyes, nose, or mouth
- Wear your mask, make sure it covers your mouth & nose

Contact the Burbank Health Center at (713-742-8151) to schedule your child's annual flu vaccine, if your child attends any of the following schools:

Burbank Elementary, Roosevelt Elementary, Janowski Elementary, Herrera Elementary, Burbank Middle, Patrick Henry Middle, Sam Houston HS, Wheatley HS

FREE Activities!

ZUMBA®

- Every Tuesday and Thursday
- 8:30 AM - 9:30 AM
- Bethel Church, 25 Tidwell Rd, Houston, TX
- Meet in church parking lot



- Walk to Stay Healthy!
- Join Petty, Your Community Health Champion
- Clark Park starting at 7:15AM

Please wear tennis shoes and bring bottle water.

**No activities on rainy days.
All participants are required to stay 6 feet apart in assigned spaces and mask is required.**

For More Information Contact:

Jorge Sanchez, Program Manager
Jorge.Sanchez@MemorialHermann.org

Visit Our Page:

Memorial Hermann Community Benefit Corporation
<https://communitybenefit.memorialhermann.org/>



StepHEALTHY

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Boletín Mensual de Memorial Hermann - CCHH



Feria de Comida



Wesley Pantry

1235 Lorraine St, 77009
Miércoles y Viernes, 9AM - 12PM

MD Anderson Family YMCA

705 Cavalcade, 77009
Los Lunes en Agosto
10/05, 10/12, 10/19, 10/26
9:00 AM - Hasta Agotar Existencias

StepHealthy Day at Wesley CC

1235 Lorraine St, 77009
Octubre 17 y 24,
10:00 AM - 12:00 PM

Clinica de Burbank



Temporada de Resfriados y Gripe

Siga estos consejos preventivos para el resfriado/gripe y COVID-19:

- Vacune a sus hijos contra la gripe
- Enseñe a los niños a lavarse las manos frecuente
- Recordar a los niños que no se toquen los ojos, nariz, ni la boca
- Use su mascarara y asegurarse de que cubra su boca y nariz

Comuníquese con la Clínica de Burbank al (713-742-8151) para hacer cita de la vacuna anual contra la influenza para sus hijos. Atendemos las escuelas de:

Burbank Elementary, Roosevelt Elementary, Janowski Elementary, Herrera Elementary, Burbank Middle, Patrick Henry Middle, Sam Houston HS, Wheatley HS

Actividad Gratis!



- Todos los Martes y Jueves
- 8:30 AM - 9:30 AM
- Bethel Church, 25 Tidwell Rd, Houston, TX
- Estacionamiento enfrente de la iglesia



- Camine para mantenerse saludable!
- Unase con Petty, su campeona de salud comunitaria
- Clark Park a las 7:15 AM

Por Favor, use zapatos de tenis y traiga agua de botella.

No hay clases en días lluviosos. Todos los participantes deben permanecer separados a 6 pies en los espacios asignados y con mascarara.

Para mas informacion contacte:

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