



The Regional Alliance for Healthy Schools at Michigan Medicine

This month I'd like to highlight the [RAHS Health Center at Lincoln Middle School](#). The site is piloting a food insecurities program that provides emergency food and healthy snacks to families. If you have a child who attends Lincoln Middle School, please contact the health center for more information. They can be reached at 734-714-9509. The team is dedicated to providing a range of fresh and non-perishable items for patients and families.

As we move toward the summer months, I'd like to remind everyone that the RAHS health centers are open year round for youth 21 years old and younger. To learn more about RAHS, our school-based health centers, and the services we provide, please visit our website at umhs-rahs.org.



In good health,

Angie Spence-Green



April is STD Awareness Month

TALK - Talk openly about STDs with your partners & healthcare providers
TEST - Get tested. It's the only way to know if you have an STD
TREAT - If you have an STD, work with your provider to get the right medicine

If you are 21 years old or younger, visit a RAHS health center for information about preventing STDs, and [Get Yourself Tested \(GYT\)](#).

[Read More](#)

MI Bridges Enrollment

RAHS has several staff members trained to assist students and their families in completing the [MI Bridges application](#). This application allows recipients to apply for multiple resources including food, child care, utilities, and medical assistance. Please [visit our website](#) or call 734-998-5795 in Washtenaw County, 810-767-8383 in Genesee County, to learn more. RAHS staff would be happy to assist by letting you know what community services are available in Washtenaw and Genesee County, and how you might access them.

RAHS in the News

RAHS is one of the non-profit beneficiaries of this year's Big House 5K! Consider [registering to walk or run the race](#), or [support the event as a volunteer](#). Read why RAHS staff members are planning to participate [here](#).

The 5K will be run Sunday, April 8.



New RAHS Health Centers now open at
Southwestern Classical Academy ([Flint Community Schools](#)) and
Dailey Elementary ([Beecher Community Schools](#))

[Find your nearest RAHS Health Center](#)

[#MoreThanABandAid](#)



Jevgenija Meyers, RDN

A Nutrition Note

Did you know... March was [National Nutrition Month](#)! A whole month dedicated to putting nutrition on the forefront to help us all improve our health and well-being. This year, the Academy of Nutrition and Dietetics has chosen to focus the campaign on helping individuals improve their health from morning to night and beyond by improving eating and physical activity habits. As we "Go Further with Food" by making informed decisions we can make a great impact on our own health, the community, and the environment. Consider some of these tips for staying healthy in March and for years to come.

[Read More](#)

Dates to Remember

Wednesdays Find [Washtenaw County vision dates here](#)

April [STI Awareness Month](#)

April 8 [Big House 5K](#)

May 17 [Community Advisory Committee](#) meeting at Ypsilanti Community Middle School

July 2-6 All RAHS sites closed

Oct 6 Run with RAHS 5K - Save the Date!

RAHS Job Openings

RAHS has openings for a Medical Assistant Associate and a Clinical Social Worker. Visit [UM Careers](#) to see the postings and for more information on available positions with Michigan Medicine.



umhs-rahs@med.umich.org | 734-998-2163 | umhs-rahs.org

STAY CONNECTED:



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