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).

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

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:

Regional Alliance for Healthy Schools, 2025 Traverwood Ste A6, Ann Arbor, MI 48105

SafeUnsubscribe™ {recipient’s email};
Forward this email | Update Profile | About our service provider
Sent by umhs-rahs@med.umich.edu in collaboration with

Try it free today