



# Bi-National Health Week in Kansas City October 13-21, 2007

**FREE events! Open to the public! Bilingual information available!**

## **SATURDAY, OCTOBER 13<sup>TH</sup>**

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### **Diabetes, Vision, Dental, Cancer, and Blood Exams**

10:00 a.m. to 2:00 p.m.  
Samuel Rodgers Health Center  
825 Euclid Ave., Kansas City, MO 64124  
Contact: Gaby Flores, (816) 404-1240

## **MONDAY, OCTOBER 15<sup>TH</sup>**

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### **HIV/AIDS Exams**

9:30 a.m. to 12:00 p.m. (Noon)  
Mexican Consulate  
1600 Baltimore Ave., Kansas City, MO 64108  
Contact: Alma Alcántara, (816) 556-0803

### **Learn How to Prepare Traditional Meals in a Healthy Way**

7:00 to 8:30 p.m.  
Cristo Rey High School  
211 W. Linwood Blvd., Kansas City, MO 64111  
Contact: (816) 457-6044

## **TUESDAY, OCTOBER 16<sup>TH</sup>**

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### **Cancer Information**

9:30 a.m. to 12:00 p.m. (Noon)  
Mexican Consulate  
1600 Baltimore Ave., Kansas City, MO 64108  
Contact: Alma Alcántara, (816) 556-0803

## **WEDNESDAY, OCTOBER 17<sup>TH</sup>**

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### **Health Insurance for Families; Heart Health**

9:30 a.m. to 12:00 p.m. (Noon)  
Mexican Consulate  
1600 Baltimore Ave., Kansas City, MO 64108  
Contact: Alma Alcántara, (816) 556-0803

### **How to Cope with Depression**

10:30 to 11:30 a.m.  
Guadalupe Center  
1015 César E. Chávez Ave., Kansas City, MO 64108  
Contact: Linda Guerra-Lara, (816) 218-0972

## **THURSDAY, OCTOBER 18<sup>TH</sup>**

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### **Toothbrush Distribution; Immunizations for Individuals and Families**

9:30 a.m. to 12:00 p.m. (Noon)  
Mexican Consulate  
1600 Baltimore Ave., Kansas City, MO 64108  
Contact: Alma Alcántara, (816) 556-0803

### **Information about Diabetes and Nutrition: Learn How to Prepare Traditional Meals in a Healthy Way**

10:00 a.m. to 12:00 p.m. (Noon)  
Tony Aguirre Community Center  
2050 W. Pennway St., Kansas City, MO 64108  
Contact: Rita Ortiz, (816) 482-5854

*This is a three-session series that will continue on Oct. 25<sup>th</sup> and Nov. 1<sup>st</sup>.*

## **FRIDAY, OCTOBER 19<sup>TH</sup>**

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### **Information about Pain (Back Pain, Headaches, Arthritis, etc.) and Injury Prevention; Trauma and Birth Defects**

9:30 a.m. to 12:00 p.m. (Noon)  
Mexican Consulate  
1600 Baltimore Ave., Kansas City, MO 64108  
Contact: Alma Alcántara, (816) 556-0803

### **Health Information and Exams for Seniors and Physically Disabled Adults**

9:00 to 11:00 a.m.  
Don Bosco Senior Center  
580 Campbell St., Kansas City, MO 64106  
Contact: Ercilia Hernandez, (816) 691-2960

## **SUNDAY, OCTOBER 21<sup>ST</sup>**

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### **Food, Music, Information and Exams (HIV/AIDS, Alcohol and Drugs, etc.)**

12:00 p.m. (Noon) to 3:00 p.m.  
Guadalupe Center  
1015 César E. Chávez Ave., Kansas City, MO 64108  
Contact: Mercedes Mora, (816) 531-6911

For more information about these events, visit [www.alianzas.us/bhw](http://www.alianzas.us/bhw).

An initiative of the Mexican Ministry of Foreign Affairs through the Consulate of Mexico in Kansas City; the Institute for Mexicans Abroad; Alianzas/University of Missouri Extension/University of Missouri-Kansas City Institute for Human Development; and a Bi-National Health Week network of local health professionals, service providers, and community leaders.