

Rocky Mountain Rural Health Outreach Event Schedule:



1st Monday of every month at the Alma Town Hall 9:00-11:00

1st Wednesday of every month at the Fairplay library 11:30-1:30

3rd Wednesday of every month at the Highline Café in Hartsel 11:30-1:30

4th Thursday of every month at the South Park Rec Center 9:00-Noon

Excluding holidays

Come see us for **FREE** health screenings (blood pressure, blood sugar, pulse and oxygen testing) as well as free information on Medicaid, signing up for health insurance, finding a doctor, Advance Care Planning and much more!

**“being healthy isn’t
just a goal - its a way
of living”**

