Bi-National Health Week
Omaha
Agenda & Activities
October 3-15

Friday, October 2
Kickoff day

10 a.m. – Opening ceremony, Consulate of Mexico, 3552 Dodge St.

Saturday, October 3
UNMC, ConAgra Foods Community Health Fair

Omaha Metropolitan Community College-South Campus
Conference Center, ITC Building, 2909 Edward “Babe” Gomez Ave.

10 a.m. to 2 p.m.
Food, Children’s Activities, Entertainment, and Giveaways

FREE Health Screenings:
- Vision/glaucoma
- Blood pressure
- Oral – adult and pediatric
- Head/neck exams (cancer)
- Height & weight/body mass index
- Blood sugar & total cholesterol/HDL
- Colorectal take-home kits
- Lead checks for children under 7
- Prostate checks & blood draw
- Carbon dioxide testing (for smokers)

Healthy Nutrition/ Weight Management
- Various restaurants in south Omaha will alter some of their food choices on their menus to be healthier

Monday, October 5
Helping children who are physically or mentally challenged
5:30 p.m. – 8 p.m.
Omaha Metropolitan Community College-South Campus
Conference Center, ITC Building, 2909 Edward “Babe” Gomez Ave.
Tuesday, October 6
Alternative medicine workshop
4 p.m. – 8 p.m.
One World Community Health Centers, 4920 S. 30th St.

Wednesday, October 7
Our children living safe
5:30 p.m. – 8 p.m.
Spring Lake Elementary School, 4215 S. 20th

Domestic violence workshop
5 p.m. – 8 p.m.
Omaha Metropolitan Community College-South Campus
Conference Center, ITC Building, 2909 Edward “Babe” Gomez Ave.

Thursday, October 8
Elderly Workshop
10 a.m. – 12:30 p.m.
Lady of Guadalupe Church, 5005 S. 23rd St.

Breast Cancer Prevention
4 p.m. – 8 p.m.
One World Community Health Centers, 4920 S. 30th

Saturday, October 10
LGBT Summit
8:30 a.m. – 5 p.m.
Omaha Metropolitan Community College-South Campus
Conference Center, ITC Building, 2909 Edward “Babe” Gomez Ave.

Monday, October 12
Prenatal Healthy Baby Shower
5:30 p.m. – 8 p.m.
Omaha Metropolitan Community College-South Campus
Conference Center, ITC Building, 2909 Edward “Babe” Gomez Ave.

Sunday, October 11
Soccer teams champion health
- Twenty-four Latino soccer teams will play in N.P. Dodge Park (11005 J.J. Pershing Dr.) from 9 a.m. – 2 p.m. to raise awareness about healthy behaviors.

Thursday, October 15
“Relax your mind” – mental health workshop
5:30 p.m. – 8 p.m.
Friday, October 16
Community Health Champion Awards Dinner
6 p.m. – 10 p.m.
Lady of Guadalupe Church, 5005 S. 23rd St.

Sponsoring organizations include:
- South Omaha Community Care Council,
- Nebraska AIDS Project,
- UNMC Center for Reducing Health Disparities,
- Alegent Health,
- One World Community Health Center,
- The Nebraska Medical Center,
- Creighton University Medical Center,
- El Perico newspaper,
- UNMC Eppley Cancer Center,
- UNMC Community Health Center,
- Metropolitan Community College – South Campus,
- Boys Town Pediatrics,
- Nebraska Health and Human Services,
- Nebraska State Minority Health Council,
- Douglas County Health Department,
- Nebraska Methodist Health System (NMHS),
- Nebraska Methodist College (NMC),
- Metro OBGYN,
- Radio Lobo 97.7 FM,
- Consulate of Mexico, and
- The Institute of Mexicans Abroad.