

What's the Scoop on Your Health?

**the
corner**
HEALTH CENTER

January 2022



From the Corner! !

Judgment-free, affordable and comprehensive health care delivered with excellence and YOUTH in mind.

The Corner Health
Center

www.cornerhealth.org

47 N. Huron St

Hours

Monday, Thursday, Friday 9am-5pm

Tuesday 9am-6pm

Wednesday 1pm-5pm

Features & Highlights

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MLK jr Day

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The mission of the Corner Health Center is to inspire 12- to 25-year-olds (and their children) to achieve and sustain healthy lives by providing judgment-free, affordable health and wellness care and education.

We cover comprehensive health care, behavioral health services, health education and youth development programs designed exclusively for teens and young adults.

For more information, visit www.cornerhealth.org or call 734-484-3600 for an appointment.



January is...

Cervical Cancer Awareness Month

Cervical cancer was once a leading cause of cancer death for women in the United States. Today, screening and prevention have greatly reduced the impact of this form of cancer. Still, nearly 14,500 people with a uterus received a diagnosis of cervical cancer in the last year.

What is Cervical Cancer?

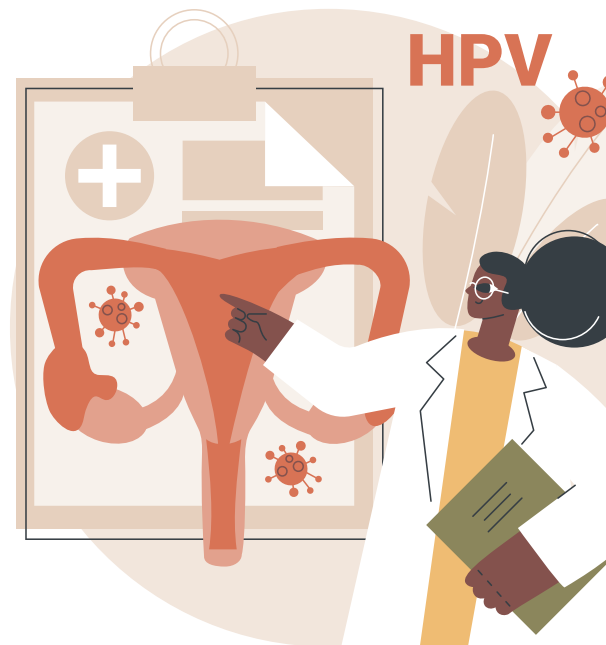
Cervical cancer is a disease in which cancer cells arise in the cervix, which connects the uterus to the vagina. HPV is almost always the cause of cervical cancer. Cervical cancer is among a number of cancers that can be caused by infections with pathogens.

How can we prevent Cervical Cancer?

Some of the ways we can prevent cervical cancer are:

- Stay up to date with your HPV vaccines
 - Gardasil, Gardasil 9 and Cervix
- Get regular pap tests which can catch - and lead to treatment of - the disease at the precancerous stage

Both of these can be scheduled and performed at the Corner!



Scan here to set up
an appointment!



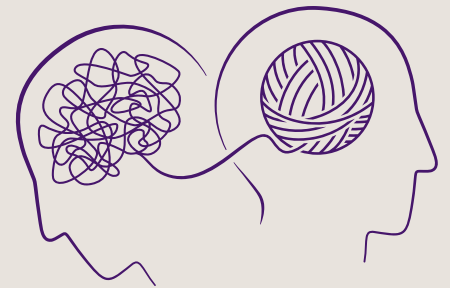
Set Your Intentions for 2023

As you become inundated with the need to set goals for 2023 and the guilty of knowing the probability of completing said goals, try setting your intentions. Setting intentions is more than making goals, but it is a practice of awareness and purpose. Read more [here!](#)

Coming soon in 2023...

Moodlifters

Any of our Corner patients will be invited to join our Moodlifters class! You will learn different ways to improve your overall wellbeing by trying out different tasks and strategies each week!



SMART Recovery.

The Corner will be offering a SMART Recovery support group. These are Self-Management and Recovery Training groups that are tailored towards those struggling with any form of addiction.

Cooking Classes

The Corner will be putting on a variety of cooking classes over the course of the new year as part of our Healthy Youth, Healthy Futures program. Anyone interested will be able to come in and use our prep kitchen to make some fun meals!



For more information regarding these programs, please reach out to Riley Annear at rannear@cornerhealth.org or subscribe to our [calendar here](#)

Meet Finnley Arbaugh - our new Vaccine Nurse!

Finnley (They/Them/She/Her). I was born in Quebec, CN and emigrated with my parents to Michigan when I was four. I have 3 younger siblings, Jon, Lydia, and Claire. I joined the U.S. Army in 2008 and served as a combat medic and mental health specialist. I graduated from Chamberlain University and started work on a med-surg unit before leaving to run Covid vaccination clinics in nursing homes and long-term care facilities. My hobbies include reading, listening to podcasts and audiobooks, and taking naps while wrapped in a blanket. I currently live here in Ypsilanti with my girlfriend, partner, and a cat. Being a part of the Corner Health clinic team has been an amazing experience where I seem to learn something new each day and I'm grateful to have been welcomed like family so warmly.

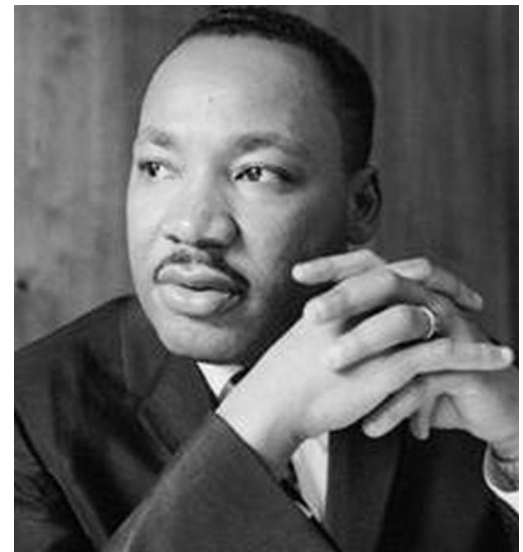


Monday January 16th is MLK Day

Martin Luther King Jr. Day was designed to honor the achievements of Martin Luther King Jr., a Baptist minister who advocated for the use of nonviolent means to end racial segregation. He first came to national prominence during a bus boycott in Montgomery, Alabama. He was also instrumental in the passage of the Civil Rights Act of 1964 which outlawed discrimination in public accommodations, facilities, and employment, as well as the Voting Rights Act of 1965.

How can we Honor MLK Day?

- Volunteer in a way that gives back to the black community directly
- Watch an MLK documentary, read a MLK book, or listen to his speeches
- Visit your local library - many are hosting special MLK events
- Take a virtual tour of the National Civil Rights Museum (Memphis)
- Recognize and value the full, comprehensive history of King and the racial justice movement
- Commit to engaging in more meaningful conversations about racial justice and equity
- Donate to organizations working for racial justice



[Read Corner's DEI Statement!](#)

FOLLOW US ON SOCIAL MEDIA!!!



Schedule your Appointment

Schedule your Appointment by calling 734-484-3600.

Same-day and walk-in appointments are available most days.

Masks are available as needed and they are required in the building.

If you need to cancel or reschedule, please call!!!



Reduce Your Risk

Keep 6 ft distance + cover your face + wash your hands



Health News from Corner

Use bit.ly/CornerHealth to schedule your COVID-19 vaccine or flu shot appointment today!

Influenza Update

There have been 408 cases of the flu so far this season and 62 total hospitalizations as of 12/21

Washtenaw COVID Update

Bivalent boosters are available for anyone ages 6 months and older 2 months after their most recent vaccine