

# What's the Scoop on Your Health?

## February 2025 - Newsletter



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

We offer physical health, behavioral health services, health education and youth development programs designed for teens, young adults and their children.

**For more information, visit [www.cornerhealth.org](http://www.cornerhealth.org) or call 734-484-3600 for an appointment.**

The Corner Health Center

[www.cornerhealth.org](http://www.cornerhealth.org)

47 N. Huron St

### Hours

Mon. 9 a.m. - 5 p.m.

Tues. 9 a.m. - 6 p.m.

Wed. 1 - 5 p.m.

Thurs. 9 a.m. - 5 p.m.

Fri. 9 a.m. - 5 p.m.

### Features & Highlights

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cornerhealth.org



# the corner

## HEALTH CENTER

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# Celebrate Black HISTORY month



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NEW SERVICES ARE ON THE WAY

## Black-Owned Business Spotlight



Scan the QR code to see all the black-owned businesses in Washtenaw County that you can support year-round!



# THREE-COURSE CELEBRATORY

## COOKING COMPETITION

You're invited to join The Corner for our Three-Course Celebratory cooking competition!

[\*\*CLICK HERE FOR TICKETS!\*\*](#)

**WHEN?** Thursday, Feb. 27, 2025 from 6-9 p.m.

**WHERE?** Thomson Reuters | 6300 Interfirst Dr., Ann Arbor, Mich.

Join The Corner Health Center as we premiere the Three-Course Celebratory, where guests come to witness a live cooking competition; enjoy a complimentary meal; listen to good music; and experience the transformation that happens when young people (and their children) come to The Corner!

**TICKETS**



# the corner HEALTH CENTER

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## HEALTHY YOUTH, HEALTHY FUTURES IS BACK!

This free 6-week cooking class is open to anyone ages 12-25. The series will run from February 26 through April 9 every Wednesday from 4-6 p.m.

[Click to sign up!](#)



**HEALTHY YOUTH,  
HEALTHY FUTURES**

**FREE!** **Cooking 101:  
Kitchen and  
Nutrition Basics**

**AGES  
12-25**

**WEDNESDAY, FEB. 26 @ 4 P.M.**  
**SIGN UP HERE**



@CornerHealthCenter



## JOIN PATIENT FAMILY ADVISORY COUNCIL!



PFAC is a board of members who help ensure that all of our programs, policies and services are relevant to the patients we serve. Members are patients, parents of patients, staff and community members who are willing to join.

**SCAN:** QR code.

**CALL:** Ashley Anderson at 734-714-2228

**EMAIL:** [aanderson@cornerhealth.org](mailto:aanderson@cornerhealth.org)

**RETURN:** Fill out & return interest card to front desk

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JOIN  
OUR  
TEAM



**WE'RE HIRING!**



the corner  
HEALTH CENTER

## Refill Reminders!

Call Corner when you have **one week** of meds left  
734-484-3600 option 4

Leave a message with your:

1. Name
2. Date of birth
3. Medication you need
4. Pharmacy you want
5. Call back number



It can take **2-3 business days** to complete refills  
Thank you - Your Corner Team

## Schedule Your Next Appointment

Call us to schedule your appointment if you're 12-25! 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!

 734.484.3600

# National Eating Disorder Awareness Week

## February 26 – March 4



## The Time is Now!

*Written by Public Health Intern Maidson Butler*

Eating disorders are a serious mental and physical health concern, but with early interventions and increased awareness, recovery is possible. The current statistics of those who lose their lives to eating disorders are staggering, which is why increased support and access to care is imperative to change it.

Most eating disorders such as Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, among other eating disorders, emerge in adolescence. This makes early adulthood a critical time to understand the threat eating disorders pose on overall health. In fact, by young adulthood, between 5.5 and 17.9% of young cisgender women and 0.6 to 2.4% of young cisgender men have been diagnosed with an eating disorder. The time is now to increase awareness surrounding early signs of eating disorders and improve access to life-saving treatment.

Although the road to recovery is hard, detecting eating disorders early on is one of the ways we can increase the chance of recovery.

Here are some of the warning signs you or someone you know may be struggling with an eating disorder:

### Physical Signs

- Noticeable weight fluctuations both up & down
- Stomach cramping and other gastrointestinal complaints
- Loss of a menstrual cycle
- Fainting
- Feeling cold all the time
- Difficulty concentrating
- Long trips to the bathroom directly following meals

### Emotional & Behavioral Signs

- Preoccupation with food, calories, or calorie restriction
- Refusing to eat certain foods that they normally would enjoy
- Extreme preoccupation with body size and shape
- Body checking
- Avoiding meal times or making rituals surrounding food or meals

Do you think you or someone you know needs help? NEDA provides additional resources, including an online screening tool to identify if you or someone you know needs help.

<https://www.nationaleatingdisorders.org>

# Corner News

## The Corner Wins 'Best Health Nonprofit' in the Best of Washtenaw 2024 Awards

The Corner was also one of six finalists for 'Most Effective Organization for LGBTQ+ Community'. The Best of Washtenaw is an annual recognition by Current Magazine, highlighting the amazing work of so many in Washtenaw County. [LEARN MORE!](#)



## The Corner Receives Behavioral Health Grant via Michigan Health Endowment Fund

The Corner's YouthWell Initiative aims to provide tailored educational materials, therapy sessions, and peer support networks that empower young people to manage their mental health.

## The Corner Partners with MDHHS For New School-Based Health Initiative

The Corner Health Center announced its new School Wellness Program (SWP). The Corner also revealed the existing Expanding, Enhancing Emotional Health (E3) program will be transitioning to W.A.V.E. (Washtenaw Alliance for Virtual Education). [LEARN MORE!](#)



## Scan to Stay Locked In on All News About The Corner!



## Schedule Your Next Appointment

Call **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!

[Visit our website!](#)





## The Corner's Lotus Society

When you arrange a bequest through your will or estate, you create support that allows the Corner to respond to future health needs of our youth. You will help future generations of young people grow to be healthy adults. For more info, contact our Development team at 734-714-2235 or [development@cornerhealth.org](mailto:development@cornerhealth.org), or **scan the QR code**.



# HYS

Healthy Youth Sustainer

the corner  
HEALTH CENTER



## Become a Healthy Youth Sustainer!

This monthly giving society helps ensure that young people ages 12- to 25-years-old (and their children) have ongoing access to comprehensive, integrated health and wellness care services!

Just one cup of coffee a month can make a huge impact on someone's life...

## Donate to the Corner!

Your gift today helps young people and their children access quality, confidential, affordable, and judgment-free health care services regardless of their insurance status or ability to pay.



# COMMUNITY BOARD

**Growing Hope**  
Teen Leadership Program presents:

**Third Thursday**  
**Food Sovereignty Film Series**  
JAN 16 / FEB 20 / MAR 20  
5PM @ MARKETPLACE HALL (16 S. WASHINGTON)

Join our youth staff members for a film screening and facilitated discussion on topics such as farming labor history, pollinators in our food system, food waste, and more.

Snacks provided, but feel free to bring something to share!

Email [esha@growinghope.net](mailto:esha@growinghope.net) for more information.

**the corner HEALTH CENTER**

BELOW THE CORNER  
**AFTER SCHOOL HANG OUT**

REGISTER

**Tutoring (Math/English)**  
Tuesdays 3-6pm

**GAMING CLUB**  
Thursdays 3-5pm

47 N. Huron St. Ypsilanti, 48197

Tutoring, video games, crafts, games, and snacks!

More info @ [@cornerhealthcenter](https://www.instagram.com/cornerhealthcenter)

Access to all our services!

**PARENT Café**

--- FOR MOMS, BY MOMS! ---  
CONNECT, SHARE, AND FIND SUPPORT ON YOUR PARENTING JOURNEY. MONTHLY MEETUPS WITH CHILDCARE, TRANSPORTATION, AND FOOD PROVIDED!

Next Dates: 1/22, 2/19, 3/12  
5 - 7 pm

The Corner Health Center  
47 N. Huron St.  
Ypsilanti, MI

Sign Up Here!

Call Us  
734-714-2258

**HEALTHY YOUTH, HEALTHY FUTURES**

**FREE! Cooking 101: Kitchen and Nutrition Basics**

AGES 12-25

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