

(970) 688-0001

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eaglevalleycf.org @MIRABus1

# MIRA



## JANUARY 2022

Monday Avon 9:30am – 5pm	Tuesday Edwards 9:30am – 5pm	Wednesday Eagle/Gypsum 9:30am – 5pm	Thursday Gypsum/Dotsero/El Jebel 1pm – 5pm
<b>9</b> <i>Aspens Mobile Homes</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program Body Composition Screenings Community Fitness Class 4pm	<b>10</b> <i>Eagle River Mobile Homes</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program	<b>11</b> <i>Eagle Town Park</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES	<b>12</b> <i>Spring Creek Villages</i> CCAP Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES
<b>16</b> <i>Eagle Bend Apartments</i> MARTIN LUTHER KING JR DAY 	<b>17</b> <i>Two Rivers Dotsero</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program	<b>18</b> <i>Ridley's Market</i> Health, Heart & Diabetes Exams Health Insurance Enrollments Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES	<b>19</b> <i>Edwards/ Family learning Center</i> COVID & FLU VACCINES 2-5pm Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES
<b>23</b> <i>Aspens Mobile Homes</i> Health, Heart & Diabetes Exams Medicaid Enrollments Speak Up REACHOUT Body Composition Screenings Community Fitness Class 4pm	<b>24</b> <i>Eagle River Mobile Homes</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program	<b>25</b> <i>Eagle Villas Apartments</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES	<b>26</b> <i>Dotsero Mobile Homes</i> Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES
<b>30</b> <i>Riverview Apartments</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program	<b>31</b> <i>Lake Creek Apartments</i> Health, Heart & Diabetes Exams Medicaid Enrollments Supplemental Nutrition Assistance Program	<b>01</b> <i>The Community Market Gypsum</i> Health, Heart & Diabetes Exams Medicaid Enrollments WIC Supplemental Nutrition Assistance Program EAGLE COUNTY PARAMEDIC SERVICES THE COMMUNITY MARKET	<b>02</b> <i>English in Action, El Jebel</i> English in Action Supplemental Nutrition Assistance Program THE COMMUNITY MARKET

### MIRA brings FREE resources and services throughout Eagle County:

- Information/referrals on behavioral health, medical & dental services
- Information/referrals to early childhood & physical activity programs
- Connections/referrals/enrollment to nutrition programs: (SNAP; WIC: Women, Infant, Children consultations)
- Personalized analysis of individual body composition
- Exercise fitness class open to all
- The Community Market: FREE food**
- Early Childhood Partners: parenting & infant mental health information
- EC Paramedics; Early Headstart

### Resource connection HOURS:

- Health, Heart & Diabetes Exams: 9:30am-5pm
- Health Insurance Enrollments: 9:30am-4:00
- Body Composition Screenings: 3:30pm-4pm
- Community Fitness Class: 4pm
- EC Paramedics: 3pm-5pm

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## Enero 2023

Lunes Avon 9:30am – 5pm	Martes Edwards 9:30am – 5pm	Miércoles Eagle/Gypsum 9:30am – 5pm	Jueves Gypsum/Dotsero/El Jebel 1pm – 5pm
<b>9</b> <i>Aspens Mobile Homes</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid Evaluación de la composición corporal Clase de actividad física para la comunidad 4PM	<b>10</b> <i>Eagle River Mobile Homes</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid 	<b>11</b> <i>Eagle Town Park</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid 	<b>12</b> <i>Spring Creek Villages</i> 
<b>16</b> <i>Eagle Bend Apartments</i> 	<b>17</b> <i>Two Rivers Dotsero</i> Heart & Diabetes Exams Inscripciones a Medicaid 	<b>18</b> <i>Ridley Markets</i> Heart & Diabetes Exams Health Insurance Enrollments 	<b>19</b> <i>Edwards/Family learning Center</i> 
<b>23</b> <i>Aspens Mobile Homes</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid <b>Speak Up REACH OUT</b> Evaluación de la composición corporal Clase de actividad física para la comunidad 4PM	<b>24</b> <i>Eagle River Mobile Homes</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid 	<b>25</b> <i>Eagle Villas Apartments</i> Heart & Diabetes Exams Inscripciones a Medicaid 	<b>26</b> <i>Dotsero Mobile Homes</i> 
<b>30</b> <i>Riverview Apartments</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid 	<b>31</b> <i>Lake Creek Apartments</i> Examen de Salud, diabetes y de el corazón Inscripciones a Medicaid 	<b>01</b> <i>The Community Market Gypsum</i> Examen de Salud, diabetes y de el corazón 	<b>02</b> <i>English in Action, El Jebel</i> 

### MIRA trae recursos y servicios GRATIS en todo el Condado de Eagle:

- ☐ Información y referencias sobre servicios de salud conductual, médicos y dentales.
- ☐ Información/referencias a programas de primera infancia y actividad física
- ☐ Conexiones/ referencias/ inscripción a programas de nutrición: (SNAP; WIC: consultas para mujeres, bebés y niños)
- ☐ Análisis personalizado de la composición corporal individual
- ☐ Clase de ejercicio físico abierta para todos
- ☐ **The Community Market: Comida Gratis**
- ☐ Socios de la primera infancia: información sobre crianza y salud mental infantil

### Conexión de recursos HORAS:

Salud, Exámenes de corazón y diabetes 9:30am-5pm  
 Inscripciones para Medicaid : 9:30am-4:00  
 Evaluación de composición corporal: 3:30pm-4pm  
 Clase de gimnasio comunitario: 4pm  
 EC Paramédicos: 3pm-5pm