

# ABOUT US

THE H.E.A.T. CENTER WAS FOUNDED AUGUST 2019. THE H.E.A.T. CENTER IS A NON-PROFIT 501(C)3 ORGANIZATION FOR MINORITIES WITHIN GAINESVILLE, FL.

WE PROVIDE CHARITABLE AND EDUCATIONAL WELLNESS SERVICES TO THE UNDER SERVED COMMUNITY THROUGH HEALTH EDUCATION CLASSES, SEMINARS, EXERCISE GROUPS, WORKSHOPS, AND EDUCATIONAL NEWSLETTERS.

THE H.E.A.T CENTER SERVICES THE COMMUNITY THROUGH TEACHING HEALTH EDUCATION AND WELLNESS CLASSES BY TRAINED HEALTH AND WELLNESS COACHES THAT FACILITATE CLASSES BASED UPON A WELLNESS TOPIC EACH MONTH. THE CLASSES ARE STRUCTURED TO MEET THE NEEDS OF THE COMMUNITY THROUGH HEALTH EDUCATION WORKSHOPS AND FEEDBACK SURVEYS.



## CONTACT US



352-448-1190



P.O BOX 5514 Jacksonville, FL 32247



admin@heateducation.org



[Take our Feedback Survey!](#)

*Let us know how we did!*

HEALTH EDUCATION AND TRAINING  
CENTER OF GAINESVILLE, INC.  
(H.E.A.T.)



## BUNDLE OF JOY: DIAPER DISTRIBUTION PROGRAM



SPONSORED BY: HUMANA, INC.

**Humana**  
Healthy Horizons®  
in Florida

# GUEST SPEAKERS

## GUEST SPEAKER OCTOBER:

- **Guest Speaker: Jen Revell** "*The importance of Maternal Child Health in our Community*"

## GUEST SPEAKER NOVEMBER:

- **Topic:** "*Self- Care for working Parents within our Community*"

## GUEST SPEAKER DECEMBER:

- Guest Speaker: **Erin Peterson, BA** **HealthyStart Community Liaison** "*Importance of Infant Safety*"



# DISTRIBUTION LOCATIONS

## CLARENCE R. KELLY CENTER

### Dates:

- October 28th
- November 18th
- December 16th

**Time:** 9:00am- 1:00pm

**Address:** 1701 NE 8th Ave,  
Gainesville, FL 32641

## HEADQUARTERS LIBRARY

### Dates:

- October 24th
- November 21st
- December 19th

**Time:** 11:30-12:30pm

**Address:** 401 E University  
Ave, Gainesville, FL 32601

# BEST



# MOMENTS

