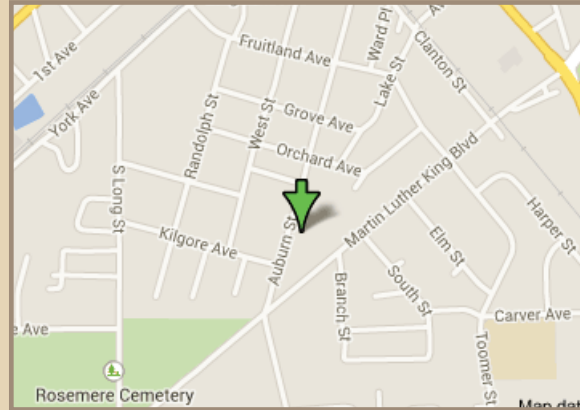


# PARTNERS

THE J.W. DARDEN WELLNESS CENTER  
is a collaborative effort of the  
EAMC Parish Nurse Program,  
*the Auburn University  
School of Nursing,  
and the  
J.W. Darden Foundation, Inc.*



# DIRECTIONS



From East Alabama Medical Center  
2000 Pepperell Parkway  
Opelika, Alabama

1. Start out going northeast on Pepperell Parkway (1.5 mi)
2. Turn right onto N 10th Street (0.3 mi)
3. Take 2nd right onto Avenue B (0.2 mi)  
Opelika Fire Dept. will be on the left
4. Take 1st left onto Auburn Street (0.3 mi)  
Darden Wellness Center is on the left

**ALL SERVICES ARE FREE!**

Walk-Ins Welcome  
Appointments Preferred

# J.W. DARDEN WELLNESS CENTER



1323 Auburn Street  
Opelika, Alabama

*Hours of Operation*

Every Wednesday 9AM - 12PM

334-528-1438



Dr. J.W. Darden

Dr. J.W. Darden, the first African-American physician to practice in our community, lives on today through the programs that honor his legacy. The mission of this FREE program is to promote healthy lifestyles and to provide health education with the goal of reducing health care costs and improving the health of our community. Please plan to visit the Center soon and help keep Dr. Darden's memory alive!



# OUR SERVICES

DO YOU HAVE A HEALTH CONCERN? WE CAN HELP!  
WEDNESDAYS 9AM - 12NOON

## COMMUNITY RESOURCES

Darden Wellness Center is dedicated to improving the health of our community. We offer, FREE of charge, confidential access to expert information to help guide your healthcare decisions. Everyone is welcome: those who are insured, under-insured or without insurance.



## HEALTH SCREENING

If you have a chronic disease (diabetes, high blood pressure, congestive heart failure, etc.) our nurses can provide health coaching to prevent complications.

### WE OFFER:

- Blood pressure screening
- Blood sugar testing
- Healthy eating info/weight management
- Medication monitoring
- Diabetic counseling
- Assistance with follow-up care after hospitalization



## HEALTH EDUCATION

Our friendly staff of Parish Nurses and Auburn University Student Nurses offer health education and support, assistance with navigating the healthcare system, and referral to numerous community health resources and healthcare providers.

