

One in every fifteen people living in the United States depends on health center services. Health Centers deliver high quality, cost effective, accessible care while serving as critical economic engines helping to power local economies.

Health Centers are also proud to celebrate over 50 years of service and continue to be ranked among the highest quality and cost effective care providers in the nation. Health Centers provide services to all people, regardless of their ability to pay or insurance status.

Each year Sea Mar Community Health Centers celebrates the work and services our own Health Centers provide to our communities by hosting a variety of FREE activities, screenings, resources and more throughout National Health Center Week.

Find your local Sea Mar Medical Clinic below and see what we have planned for the week!

Grays Harbor County Medical Clinics

Aberdeen Medical Clinic: 1813 Sumner Avenue, Aberdeen, WA 98520

Elma Medical Clinic: 515 W Main St, Elma, WA 98541

Ocean Shores Medical Clinic: 597 Point Brown Ave NW, Ocean Shores, WA 98569

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 3:00 p.m.	Affordable Housing, Community Resources (Aberdeen Medical Clinic)
Tues, 8/15	10:00 a.m. - 3:00 p.m.	Brushing/Flossing Demonstrations, Dental Education (Aberdeen Medical Clinic)
Wed, 8/16	10:00 a.m. - 3:00 p.m.	Behavioral Health Services Education and Community Resources
Thurs, 8/17	9:00 a.m. - 4:00 p.m.	Free Childhood Immunizations (Elma Medical Clinic)
Fri, 8/18	9:00 a.m. - 4:00 p.m.	Free Childhood Immunizations (Aberdeen Medical Clinic)
Sat, 8/19	10:00 a.m. - 3:00 p.m.	Health Fair: Blood Pressure Checks, Height/Weight Measurements, Vision Checks, Men and Women's Health Information (Ocean Shores Medical Clinic)

Battle Ground Medical Clinic

118 S Pkwy Ave, Battle Ground, WA 98604

Date	Time	Activities
Mon, 8/14	8:00 a.m. - 5:00 p.m.	Breast Cancer Awareness
Tues, 8/15	8:00 a.m. - 5:00 p.m.	Colorectal Screening Awareness and Screening
Wed, 8/16	8:30 a.m. - 4:00 p.m.	Cervical Cancer Awareness and Screening
Thurs, 8/17	11:00 a.m. - 2:00 p.m.	Battle Ground Resource Fair
Fri, 8/18	8:00 a.m. - 5:00 p.m.	Child Immunization Awareness

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Bellevue Medical Clinic

3801 150th Ave SE Bellevue, WA 98006

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 12:00 p.m. 10:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	Breastfeeding Education and Resources Games and Activities Behavioral Health Information
Tues, 8/15	10:00 a.m. - 3:00 p.m.	Breast, Cervical and Colon Health Program (BCCHP)
Wed, 8/16	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	Games and Activities Whole Grains
Thurs, 8/17	10:00 a.m. - 4:00 p.m.	Men's Health
Fri, 8/18	10:00 a.m. - 1:00 p.m.	Goodie bags and Hygiene Education
Sat, 8/19	10:00 a.m. - 1:00 p.m.	Retina Screenings

Whatcom County Medical Clinics

Bellingham Medical Clinic: 4455 Cordata Pkwy, Bellingham, WA 98226

Everson Medical Clinic: 6884 Hannegan Rd, Everson, WA 98247

Date	Time	Activities
Mon, 8/14	1:00 p.m. - 3:00 p.m.	Community Resources
Tues, 8/15	1:00 p.m. - 3:00 p.m. 3:00 p.m. - 5:00 p.m.	Diabetes Education Depression Screenings
Wed, 8/16	9:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Women, Infant and Children (WIC) Education HEDIS Clinical Measures Review
Thurs, 8/17	9:30 a.m. - 11:30 p.m. 6:00 p.m. - 8:00 p.m.	Dental Information Community BBQ, Health Fair, Children Activities, Back to School Supplies, Sports Physicals
Fri, 8/18	10:00 a.m. - 12:00 p.m.	Diabetes and Hypertension Education

Burien Medical Clinic

14434 Ambaum Blvd SW, Burien, WA

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 2:00 p.m.	Dental Resource Table
Tues, 8/15	10:00 a.m. - 2:00 p.m.	Cooking Demonstration
Wed, 8/16	10:00 a.m. - 2:00 p.m.	Insurance Education
Thurs, 8/17	10:00 a.m. - 2:00 p.m.	Maternity Support Services (MSS) and Women, Infant and Children (WIC) Education
Fri, 8/18	10:00 a.m. - 2:00 p.m.	Latino Senior, Child Development Center, Dental, Chiropractor and Massage, Fire Department, Health Educators, Cooking Demonstration, Fire Department, Library Bus Free Screenings: Blood Pressure, Diabetes, Eye & Cholesterol

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Concrete Medical Clinic

7438 South D Ave, Concrete, WA 98237

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 12:00 p.m.	Free Blood Pressure Screening
Tues, 8/15	3:00 p.m. - 6:00 p.m.	Pneumo Vaccination Clinic
Wed, 8/16	10:00 a.m. - 1:00 p.m.	Free Lipid and Glucose Screenings

Des Moines Medical Clinic

2781 South 242nd St, Des Moines, WA 98198

Date	Time	Activities
Thurs, 8/17	9:00 a.m. - 4:00 p.m.	Health Fair: Insurance Plans Education, Sea Mar Behavioral Health Resources, Maternity Support Services (MSS), Giveaways, Raffle, Blood Pressure Checks, Diabetes Checks and more

East Vancouver Medical Clinic

19005 SE 34th St, Vancouver, WA 98683

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 2:00 p.m.	Maternity Support Services (MSS) and Women, Infant and Children (WIC) Education
Tues, 8/15	10:00 a.m. - 2:00 p.m.	Dental Goodie Bags
Wed, 8/16	10:00 a.m. - 2:00 p.m.	Sea Mar Giveaways
Thurs, 8/17	10:00 a.m. - 2:00 p.m.	Behavioral Health Information
Fri, 8/18	10:00 a.m. - 2:00 p.m.	Sea Mar Medical Information
Sat, 8/19	10:00 a.m. - 2:00 p.m.	Health Fair with resources from all departments

Everett Medical Clinic

1920 100th Street SE Building B, Everett, WA 98208

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 4:00 p.m.	Back to School Immunizations Shingles and Pneumonia Information
Tues, 8/15	9:00 a.m. - 4:00 p.m.	Chronic Care Management Resources: High Blood Pressure, Cholesterol, Glucose Screenings, Asthma, Tobacco Cessation
Wed, 8/16	9:00 a.m. - 4:00 p.m.	Mental Health Awareness Information: Behavioral Health, Domestic Violence Awareness, ADHD, Depression, Anxiety
Thurs, 8/17	9:00 a.m. - 4:00 p.m.	Cancer Screening Scheduling
Fri, 8/18	9:00 a.m. - 4:00 p.m.	Dental Information and Goodie Bags

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Federal Way Medical Clinic

31405 18th Avenue South, Federal Way, WA 98003

Date	Time	Activities
Mon, 8/14	1:00 p.m. - 4:00 p.m.	Inflatable Colon, Cancer Screening Education Booths
Tues, 8/15	1:00 p.m. - 4:00 p.m.	Dental Kits and Education Booth
Wed, 8/16	1:00 p.m. - 4:00 p.m. 5:45 p.m. - 7:00 p.m.	Healthy Diet Education and Fitness Booth Free Zumba Class
Thurs, 8/17	1:00 p.m. - 4:00 p.m.	Back to School Kits for Children, Children Haircuts, Immunization and Wellness Check Education
Fri, 8/18	1:00 p.m. - 5:00 p.m.	Mental Health Educational Booth and Screenings for Eligibility

Kent Medical Clinic

233 2nd Ave S Kent, WA, 98032

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 3:00 p.m.	Molina Medicaid Resource Table, Meet Dr. Molina, the Mascot! Blood Pressure Checks, Chronic Kidney Disease Resource Table
Tues, 8/15	10:00 a.m. - 3:00 p.m.	Amerigroup Resource Table, Children Activities
Wed, 8/16	10:00 a.m. - 3:00 p.m.	Amerigroup Resource Table, Children Activities
Thurs, 8/17	10:00 a.m. - 12:00 p.m.	Homeless Meal Giveaways (sandwich, banana, apple, water and sock drive repartition)
Fri, 8/18	10:00 a.m. - 3:00 p.m.	Chronic Disease, Sea Mar Resource Table, Cooking Demonstration, Smoothies, Popcorn, Facepainting, Diabetes A1C Testing, Molina Medicare Information

Lacey Medical Clinic

669 Woodland Square Loop SE, Lacey WA 98503

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 1:00 p.m.	Molina Health Care Information and Resources, Basic Food and Health Insurance Education, Dental Health Education
Tues, 8/15	10:00 a.m. - 3:00 p.m.	Community Health Plan of Washington Information and Resources, Sea Mar Medical Information and Health Tips
Wed, 8/16	10:00 a.m. - 3:30 p.m.	Amerigroup Information and Resources, Basic Food and Health Insurance Education
Thurs, 8/17	10:00 a.m. - 3:00 p.m.	Information and Applications for Basic Food, Dental Health Education
Fri, 8/18	10:00 a.m. - 3:00 p.m.	Sea Mar Medical Information and Health Tips, Basic Food and Health Insurance Education

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Marysville Medical Clinic

9710 State Ave, Marysville, WA 98270

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 4:00 p.m.	Dental Informaiton and Resources: Happy Kid, Happy Teeth
Tues, 8/15	10:00 a.m. - 4:00 p.m.	Cooking Demonstrations and Educational Games: Healthy Eating
Wed, 8/16	10:00 a.m. - 4:00 p.m.	Car Seat Education, Maternity Support Services (MSS), Women, Infants and Children (WIC) Services
Thurs, 8/17	10:00 a.m. - 4:00 p.m.	Chronic Care Management and Exercise Tips
Fri, 8/18	10:00 a.m. - 4:00 p.m.	Depression in Children and Teens, Coordinated Care Table

Monroe Medical Clinic

17707 W Main St , Monroe, WA 98272

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 12:00 p.m.	Nutrition Education
Tues, 8/15	10:00 a.m. - 12:00 p.m.	Sea Mar Information Table
Wed, 8/16	10:00 a.m. - 12:00 p.m.	Breast, Cervical and Colon Health Program (BCCHP) Table
Thurs, 8/17	10:00 a.m. - 12:00 p.m.	Diabetes Education
Fri, 8/18	10:00 a.m. - 12:00 p.m.	Retina Screenings Information and Resources

Mt. Vernon Medical Clinic

1400 N LaVenture Rd, Mount Vernon, WA 98273

Date	Time	Activities
Mon, 8/14	3:00 p.m. - 5:00 p.m.	Nutritional Information and Education
Tues, 8/15	4:00 p.m. - 7:00 p.m.	Healthy Eating Demonstration
Wed, 8/16	4:00 p.m. - 6:00 p.m.	Health Benefits Education and Information
Thurs, 8/17	3:00 p.m. - 5:00 p.m.	Nutritional Information and Education
Fri, 8/18	2:00 p.m. - 4:00 p.m.	Dental Oral Hygiene Education
Sat, 8/19	10:00 a.m. - 12:00 p.m.	Health Screenings

Mt. Vernon - Skagit Valley Women's Clinic

125 N 18th St, Ste A, Mount Vernon, WA 98273

Date	Time	Activities
Mon, 8/14	2:00 p.m. - 4:00 p.m.	Dental Oral Hygiene Education
Tues, 8/15	3:00 p.m. - 5:00 p.m.	Health Benefits Education and Information
Wed, 8/16	1:00 p.m. - 3:00 p.m.	Clinical Measures Information
Thurs, 8/17	3:00 p.m. - 5:00 p.m.	Nutritional Information and Education
Fri, 8/18	1:00 p.m. - 3:00 p.m.	Maternity Support Services (MSS)

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Olympia Medical Clinic

3030 Limited Lane NW, Olympia, WA 98502

Date	Time	Activities
Mon, 8/14	1:30 p.m. - 5:00 p.m.	United Health Care Resource and Information Table
Tues, 8/15	2:30 p.m. - 5:00 p.m.	Sugar and Sodium Dietary Guidance
Wed, 8/16	1:30 p.m. - 5:00 p.m.	Amerigroup Resource and Information Table
Thurs, 8/17	1:30 p.m. - 5:00 p.m.	Coordinated Care Information Table
Fri, 8/18	2:30 p.m. - 5:00 p.m.	Sodium Dietary Guidance

Puyallup Medical Clinic

10217 125th St Ct E, Puyallup, WA 98374

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 2:00 p.m.	Healthy Snacking, Coordinated Care Information Table Diagnostic Imaging Northwest Information Table and Giveaways
Tues, 8/15	9:00 a.m. - 1:00 p.m.	Community Health Plan of Washington (CHPW) Informational Table and On the Grind Coffee
Wed, 8/16	8:00 a.m. - 12:00 p.m. 9:00 a.m. - 1:00 p.m. 1:00 p.m. - 2:00 p.m.	Maternity Support Services (MSS) Informational Table Molina and United Health Care Informational Table Fire and Life Safety, Fire Truck Visit
Thurs, 8/17	10:00 a.m. - 2:00 p.m.	Dental Informational Table and Giveaways
Fri, 8/18	10:00 a.m. - 2:00 p.m.	Centro Latino Informational Table: Job Training, Academic Tutoring, GED Prep, ESL Assistance, Vocational Training, Translation and Interpretation, At-Risk Youth Program Behavioral Health Informational Table

Seattle Medical Clinic

8720 14th Ave S, Seattle, WA 98108

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 4:00 p.m.	Health and Wellness Resources: Blood Pressure, Height, Weight & Body Mass Index (BMI) Checks
Tues, 8/15	9:00 a.m. - 4:00 p.m.	Health Education Resources: Cancer Prevention Education and Information, Farm Fresh Produce Presentation
Wed, 8/16	9:00 a.m. - 4:00 p.m.	Lab (Cholesterol & AccuChecks) and Dental Screenings, Sponsored by Henry Schein
Thurs, 8/17	9:00 a.m. - 4:00 p.m.	Health Insurance Information and Behavioral Health Education
Fri, 8/18	9:00 a.m. - 4:00 p.m.	Getting Ready to Go Back to School Day and Community BBQ
Sat, 8/19	9:00 a.m. - 4:00 p.m.	Well Child Check and Immunizations

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Tacoma Medical Clinic

1112 S Cushman Ave, Tacoma, WA 98405

Date	Time	Activities
Mon, 8/14	8:00 a.m. - 5:00 p.m. 8:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	Amerigroup Health Plan Resource Table HIV Prevention & Free HIV Testings Dental Education, Resources and Giveaways
Tues, 8/15	8:00 a.m. - 5:00 p.m. 8:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	WA State Department of Health Resource Table Sea Mar Health Education, Coordinated Care Table Molina Health Care Resource Table
Wed, 8/16	8:00 a.m. - 5:00 p.m.	Free Health Prescreenings and Educational Materials Community Health Plan of Washington (CHPW) Resource Table
Thurs, 8/17	8:00 a.m. - 12:00 p.m.	Women, Infants & Children (WIC), Pediatric Care Presentation Maternity Support Services (MSS), Pregnancy and New Born Health Education and Information
Fri, 8/18	8:00 a.m. - 12:00 p.m.	United Health Care Resource Table Adult and Children Fitness Classes Information

Tacoma Health Care for the Homeless

1307 S 11th St Tacoma, WA 98405

Date	Time	Activities
Mon, 8/14	8:00 a.m. - 5:00 p.m.	Chemical Dependency Information and Education Table
Tues, 8/15	8:00 a.m. - 5:00 p.m.	Immunizations Education Table
Wed, 8/16	8:00 a.m. - 5:00 p.m.	Hygiene Information Table
Thurs, 8/17	8:00 a.m. - 5:00 p.m.	Chemical Dependency Treatment Education and Resources
Fri, 8/18	8:00 a.m. - 5:00 p.m.	Nutrition Information Table

Tillicum Medical Clinic

14916 Washington Ave SW, Lakewood, WA 98498

Date	Time	Activities
Mon, 8/14	8:00 a.m. - 5:00 p.m.	Body Mass Index (BMI) Checks
Tues, 8/15	8:00 a.m. - 5:00 p.m.	Blood Pressure Checks
Wed, 8/16	8:00 a.m. - 5:00 p.m.	Diabetic Foot Checks
Thurs, 8/17	8:00 a.m. - 5:00 p.m.	Help Finder and Insurance Information
Fri, 8/18	8:00 a.m. - 5:00 p.m.	Retina Screenings

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

Vancouver Medical Clinic - Delaware

7410 E Delaware Lane (Upper Level) Vancouver, WA 98664

Date	Time	Activities
Wed, 8/16	1:00 p.m. - 4:00 p.m.	Diabetes A1C, Body Mass Index (BMI), Blood Pressure Checks
Thurs, 8/17	1:00 p.m. - 4:00 p.m.	Health Education and Behavioral Health Integration Specialists Information and Resources
Fri, 8/18	9:00 a.m. - 3:00 p.m.	Health Fair at East Vancouver Medical Clinic (19005 SE 34th St, Vancouver, WA. 98683)

Vancouver Medical Clinic - Fourth Plain

6100 NE Fourth Plain Blvd, Vancouver, WA 98661

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 12:00 p.m. 1:00 a.m. 3:00 p.m.	Sea Mar Behavioral Health Services Information and Community Health Plan of Washington (CHPW) Resource and Information
Tues, 8/15	9:00 a.m. - 12:00 p.m. 1:00 a.m. 3:00 p.m.	Dental Education and Information, Sea Mar Behavioral Health Services Information, Health Education
Thurs, 8/17	1:00 a.m. 3:00 p.m.	Diabetes, Hypertension, Immunizations, Blood Glucose Checks
Sat, 8/19	10:00 a.m. - 2:00 p.m.	Health Fair at East Vancouver Medical Clinic (19005 SE 34th St, Vancouver, WA. 98683)

Vancouver Medical Clinic - Salmon Creek Vancouver Women's Health Clinic

14508 NE 20th Ave, Ste 300 & 102, Vancouver, WA 98686

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 4:00 p.m.	Behavioral Health Presentations and Resources
Tues, 8/15	9:00 a.m. - 4:00 p.m.	Women's Health Presentation
Wed, 8/16	1:00 p.m. - 4:00 p.m.	Health Fair
Thurs, 8/17	9:00 a.m. - 4:00 p.m.	Hypertension Presentation
Fri, 8/18	9:00 a.m. - 4:00 p.m.	Diabetes Presentation
Sat, 8/19	10:00 a.m. - 2:00 p.m.	Health Fair at East Vancouver Medical Clinic (19005 SE 34th St, Vancouver, WA. 98683)

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.

White Center Medical Clinic

9650 15th Ave SW, Ste 100, Seattle, WA 98106

Date	Time	Activities
Mon, 8/14	1:00 p.m. - 4:00 p.m.	Healthy Snacks, Nutrition, Health Education, Exercise and Health Management Class Information Amerigroup Resources and Giveaways
Tues, 8/15	1:00 p.m. - 4:00 p.m. 5:30 p.m. - 6:30 p.m.	FollowMyHealth (Online Patient Health Record) Registration, Community Resources, Sea Mar Walk-In Info Free Zumba Class
Wed, 8/16	1:00 p.m. - 4:00 p.m.	Dental Care Education, Resources and Giveaways
Thurs, 8/17	1:00 p.m. - 4:00 p.m.	Mindfulness, Stress Management, and Mental Health Resources Maternity Support Services (MSS) Information
Fri, 8/18	1:00 p.m. - 4:00 p.m.	Cancer Prevention Resources and Information, Colon Health and Cancer Prevention, FITT Kit Demonstration United Health Care Resources and Giveaways

* Tours of the New White Center Clinic Every Day at 1:30 p.m, 2:30 p.m. & 3:30 p.m.

Yelm Medical Clinic

202 Cullens St NW, Yelm WA 98597

Date	Time	Activities
Mon, 8/14	9:30 a.m. - 3:00 p.m.	Cancer Screenings, Kits, Referrals and Medical Resources
Tues, 8/15	10:00 a.m. - 2:00 p.m.	Women, Infants and Children (WIC) Services Maternity Support Services (MSS)
Wed, 8/16	9:30 a.m. - 3:00 p.m.	Retina Screenings and Diabetes Education
Thurs, 8/17	10:00 a.m. - 2:00 p.m.	Health Care Access, Insurance Resources, FollowMyHealth Assistance
Fri, 8/18	9:30 a.m. - 2:30 p.m.	Dental Activities
Sat, 8/19	9:30 a.m. - 2:30 p.m.	Children's Health and Immunizations, Well Child Checks, Sports Physicals, Kids Activities

For more information about our National Health Center Week activities, call your local Sea Mar Medical Clinic.