



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, 8/13	10:00 a.m. - 3:00 p.m.	Affordable Housing, Community Resources (Aberdeen Medical Clinic)
Tues, 8/14	10:00 a.m. - 3:00 p.m.	Brushing/Flossing Demonstrations, Dental Education (Aberdeen Dental Clinic)
Wed, 8/15	9:00 a.m. - 4:00 p.m.	Free Childhood Immunizations (Elma Medical Clinic)
Thurs, 8/16	10:00 a.m. - 3:00 p.m.	Behavioral Health Services Education and Community Resources
Fri, 8/17	9:00 a.m. - 4:00 p.m.	Free Childhood Immunizations (Ocean Shores Medical Clinic)
Sat, 8/18	10:00 a.m. - 2:00 p.m.	Health Fair: Blood Pressure Checks, Height/Weight Measurements, Vision Checks, Men and Women's Health Information (Aberdeen Medical Clinic)

Battle Ground Medical Clinic

118 S Pkwy Ave, Battle Ground, WA 98604

Date	Time	Activities
Mon, 8/13	8:00 a.m. - 5:00 p.m.	Breast Cancer Awareness
Tues, 8/14	8:00 a.m. - 5:00 p.m.	Colorectal Screening Awareness and Screening
Wed, 8/15	8:30 a.m. - 4:00 p.m.	Cervical Cancer Awareness and Screening
Thurs, 8/16	11:00 a.m. - 2:00 p.m.	Battle Ground Resource Fair
Fri, 8/17	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, 8/13	10:00 a.m. - 2:00 p.m.	Amerigroup Information Booth
Tues, 8/14	TBD	Women, Infant and Children (WIC) Education & Maternity Support Services (MSS) Education
Wed, 8/15	1:00 p.m. - 4:00 p.m.	FollowMyHealth Sign-Up and Information
Thurs, 8/16	9:00 a.m. - 4:00 p.m.	Dental Resource Table
Fri, 8/17	9:00 a.m. - 4:00 p.m.	Blood Pressure, Blood Sugars and Lipids Checks

Bellingham Medical Clinics

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

Date	Time	Activities
Mon, 8/13	1:00 p.m. - 4:00 p.m.	Women, Infant and Children (WIC) & Maternity Support Services (MSS) Activities
	5:00 p.m. - 7:00 p.m.	Community BBQ, Community Partner Tables, and Back to School Supplies
Tues, 8/14	2:00 p.m. - 3:00 p.m.	HEDIS Clinical Measures Review
Wed, 8/15	9:00 a.m. - 12:00 p.m.	Vaccine Information
Thurs, 8/16	9:00 a.m. - 12:00 p.m.	Homeless and Case Management Resource Table
	1:00 p.m. - 3:00 p.m.	Behavioral Health Resource Table
Fri, 8/17	9:00 a.m. - 5:00 p.m.	Dental Education and Information

Burien Medical Clinic

14434 Ambaum Blvd SW, Burien, WA

Date	Time	Activities
Mon, 8/13	10:00 a.m. - 2:00 p.m.	Dental Resource Table
Tues, 8/14	10:00 a.m. - 2:00 p.m.	Cooking Demonstration
Wed, 8/15	10:00 a.m. - 2:00 p.m.	Insurance Education
Thurs, 8/16	10:00 a.m. - 2:00 p.m.	Maternity Support Services (MSS) and Women, Infant and Children (WIC) Education
Fri, 8/17	10:00 a.m. - 2:00 p.m.	Health Fair: Child Development Center, Dental Education, Fire Department, Cooking Demonstration, Library Bus, Free Screenings: Blood Pressure, Glucose, 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
Tues, 8/14	3:00 p.m. - 6:00 p.m.	Well Child Check Clinic
Wed, 8/15	9:00 a.m. - 12:00 p.m.	Free Lipid and Glucose Screenings
Thurs, 8/16	1:00 p.m. - 5:00 p.m.	Retina Eye Exam Clinic

Des Moines Medical Clinic

2781 South 242nd St, Des Moines, WA 98198

Date	Time	Activities
Thurs, 8/16	9:00 a.m. - 3:00 p.m.	Back to School Health Fair

East Vancouver Medical Clinic

19005 SE 34th St, Vancouver, WA 98683

Date	Time	Activities
Mon, 8/13	9:00 a.m. - 12:00 p.m.	Maternity Support Services (MSS) Education
Tues, 8/14	1:00 p.m. - 5:00 p.m.	Customer Appreciation
Wed, 8/15	10:00 a.m. - 12:00 p.m.	Molina Resource Booth
Thurs, 8/16	10:00 a.m. - 12:00 p.m.	CHPW Resource Booth
Fri, 8/17	10:00 a.m. - 2:00 p.m.	FollowMyHealth Sign-Ups and Information

Everett Medical Clinic

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

Date	Time	Activities
Mon, 8/13	8:00 a.m. - 12:00 p.m.	Managed Care Resource Table, Behavioral Health Services Information Table, FollowMyHealth Sign-Ups and Information
Tues, 8/14	8:00 a.m. - 12:00 p.m.	Maternity Support Services (MSS) Information Table, Health Education Table
Wed, 8/15	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:00 p.m.	United Health Care Resource Table Coordinated Care Resource Table
Thurs, 8/16	9:00 a.m. - 12:00 p.m.	Molina Resource Table and Dental Education
Fri, 8/17	8:00 a.m. - 12:00 p.m. 2:00 p.m. - 5:00 p.m.	Health Screenings, Nurse Visit Scheduling for Vaccine Updates Amerigroup Resource Table

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



Everson Medical Clinic

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

Date	Time	Activities
Mon, 8/13	1:00 p.m. - 3:00 p.m. 5:00 p.m. - 7:00 p.m.	Homeless and Case Management Information Community BBQ, Community Partner Tables, Back to School Supplies
Tues, 8/14	2:00 p.m. - 3:00 p.m.	Diabetes Education
Wed, 8/15	10:00 a.m. - 12:00 p.m.	Vaccine Information
Thurs, 8/16	6:00 p.m. - 8:00 p.m.	Clinical Quality Measures/HEDIS Measures
Fri, 8/17	9:00 a.m. - 12:00 p.m.	Health Eating and Diet Education

Federal Way Medical Clinic

31405 18th Avenue South, Federal Way, WA 98003

Date	Time	Activities
Tues, 8/14	2:00 p.m. - 5:00 p.m.	Behavioral Health Services and Information
Wed, 8/15	2:00 p.m. - 5:00 p.m.	Dental Education
Thurs, 8/16	9:00 p.m. - 4:30 p.m.	Cancer Prevention Education and Resources
Fri, 8/17	3:00 p.m. - 5:00 p.m.	Back to School Event

Kent Medical Clinic

233 2nd Ave S Kent, WA, 98032

Date	Time	Activities
Mon, 8/14	10:00 a.m. - 3:00 p.m.	Back to School Health Fair: Immunizations, Sports Physicals, Health Education, Raffles, and Games
Fri, 8/17	8:00 a.m. - 10:00 a.m.	Superhero themed staff brunch

Lacey Medical Clinic

669 Woodland Square Loop SE, Lacey WA 98503

Date	Time	Activities
Mon, 8/14	9:00 a.m. - 1:00 p.m.	Health Fair with family friendly activities, CHPW bubble wands and hoola hoops.

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, 8/13	10:00 a.m. - 12:00 p.m. 2:00 p.m. - 4:00 p.m.	Heroes Day, Kids Coloring Contest, Sea Mar Star Promotion, Fire Department, Healthy Teeth Education
Tues, 8/14	10:00 a.m. - 12:00 p.m.	Agriculture Work Health Day, A1C Screenings, Blood Pressure information, Backpack give aways
Wed, 8/15	1:00 p.m. - 4:00 p.m.	Patient Appreciation Day, FollowMyHealth Sign Ups and Information, Raffle prizes, Backpack giveaway, Fire Department, Healthy Teeth Education
Thurs, 8/16	10:00 a.m. - 12:00 p.m.	Healthy Habits Information, Cooking Demonstrations with Sea Mar Nutritionists, Depression Screenings, Zumba, Backpack giveaway
Fri, 8/17	10:00 a.m. - 4:00 p.m.	Children's Day, Face Painting, Immunization Screening, AIDS information, Backpack giveaways

Monroe Medical Clinic

17707 W Main St, Monroe, WA 98272

Date	Time	Activities
Mon, 8/13	10:00 a.m. - 3:00 p.m.	Blood Pressure and BSL Checks, Nutrition Demonstrations, Stress Relief Exercise
	1:00 p.m. - 3:00 p.m.	Managed Care/ Community Resources Table
Tues, 8/14	10:00 a.m. - 3:00 p.m.	Blood Pressure and BSL Checks, Nutrition Demonstrations, Stress Relief Exercise
	9:00 a.m. - 11:00 a.m.	Molina Resource Table
Wed, 8/15	10:00 a.m. - 3:00 p.m.	Blood Pressure and BSL Checks, Nutrition Demonstrations, Stress Relief Exercise
	1:00 p.m. - 3:00 p.m.	Blood Pressure Checks
Thurs, 8/16	10:00 a.m. - 3:00 p.m.	Blood Pressure and BSL Checks, Nutrition Demonstrations, Stress Relief Exercise
	1:00 p.m. - 3:00 p.m.	Costco Resource Table
Fri, 8/17	10:00 a.m. - 4:00 p.m.	Skin Care Station: Healthy Skin
	2:00 p.m. - 4:00 p.m.	Managed Care/ Community Resource Information Table

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



Mt. Vernon Medical Clinic

1400 N LaVenture Rd, Mount Vernon, WA 98273

Date	Time	Activities
Mon, 8/13	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Transportation Services Information "Diabetes and You" Education and Information
Tues, 8/14	9:00 a.m. - 11:00 a.m. 1:00 p.m. - 3:00 p.m.	United Health Care Information and Resources Cooking Demonstrations
Wed, 8/16	1:00 p.m. - 3:00 p.m. 3:00 p.m. - 5:00 p.m.	Breastfeeding Health Education and Information CHPW Information Table
Thurs, 8/17	9:00 a.m. - 11:00 a.m. 10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Molina Health Care Information and Resources, + Amerigroup Dental Information + Amerigroup ER Utilization Information + Amerigroup
Fri, 8/18	10:00 a.m. - 12:00 p.m.	Dental Education and Information

Olympia Medical Clinic

3030 Limited Lane NW, Olympia, WA 98502

Date	Time	Activities
Mon, 8/13	2:00 p.m. - 5:00 p.m.	Healthy Eating and Active Living
Tues, 8/14	9:00 a.m. - 1:00 p.m.	Activities and Free Give Aways
Wed, 8/15	9:00 a.m. - 11:00 a.m.	Healthy Eating and Active Living
Thurs, 8/16	3:00 p.m. - 5:00 p.m.	Healthy Eating and Active Living
Fri, 8/17	1:00 p.m. - 4:00 p.m.	Women, Infants and Children (WIC) Resource Table

Puyallup Medical Clinic

10217 125th St Ct E, Puyallup, WA 98374

Date	Time	Activities
Mon, 8/13	1:00 p.m. - 4:00 p.m.	Dental Education and Information
Tues, 8/14	9:00 a.m. - 4:00 p.m.	Breast Cancer Awareness Day
Wed, 8/15	9:00 a.m. - 4:00 p.m.	Diabetes Awareness Day
Thurs, 8/16	1:00 p.m. - 4:00 p.m.	Healthy Snacking Education
Fri, 8/17	9:00 a.m. - 1:00 p.m.	Coordinated Care Information and Resource Table
Sat, 8/18	2:00 p.m. - 4:30 p.m.	Blood Pressure Checks

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



Seattle Medical Clinic

8720 14th Ave S, Seattle, WA 98108

Date	Time	Activities
Mon, 8/13	9:00 a.m. - 4:00 p.m.	Health and Wellness Education, Blood Pressure, Height and Body Mass Index (BMI) Checks, and Zumba
Tues, 8/14	9:00 a.m. - 4:00 p.m.	Cancer Prevention, Farm Fresh Produce Presentation and Health Education Information
Wed, 8/15	9:00 a.m. - 4:00 p.m.	Medical and Food Stamp Enrollment, Managed Care/Community Resource Information, Tooth Fairy Meet and Greet, Dental Hygiene Education, and Kids Coloring Contest
Thurs, 8/16	9:00 a.m. - 4:00 p.m.	Free Lab Testing (Cholesterol & AccuChecks), Health Education and Care Coordinator Day
Fri, 8/17	9:00 a.m. - 4:00 p.m.	Getting Ready to Go Back to School Day! <i>*free backpacks for Sea Mar patients while supplies last</i>

Tacoma Medical Clinic

1307 S 11th St Tacoma, WA 98405

Date	Time	Activities
Mon, 8/13	8:00 a.m. - 5:00 p.m.	Healthy Eating Education and Information
Tues, 8/14	8:00 a.m. - 5:00 p.m.	Mental Illness Information and Resources
Wed, 8/15	8:00 a.m. - 5:00 p.m.	Hypertension Education
Thurs, 8/16	8:00 a.m. - 5:00 p.m.	STD Awareness
Fri, 8/17	8:00 a.m. - 5:00 p.m.	Diabetes Information and Resources

Tillicum Medical Clinic

14916 Washington Ave SW, Lakewood, WA 98498

Date	Time	Activities
Mon, 8/13	9:00 a.m. - 4:00 p.m.	Breast Cancer Awareness and Mobile Mammogram
Tues, 8/14	9:00 a.m. - 1:00 p.m.	United Health Care Informational Table
Wed, 8/15	10:00 a.m. - 3:00 p.m.	Healthy Snacking and Preventive Health Information Table
Thurs, 8/16	10:00 a.m. - 2:00 p.m.	Dental Education and Information Table
Fri, 8/17	9:00 a.m. - 4:00 p.m.	Blood Pressure and Blood Glucose Checks

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
Tues, 8/14	1:00 p.m. - 4:30 p.m.	Blood Pressure Checks, Glucose, Weight & Body Mass Index (BMI)
Thurs, 8/16	1:00 p.m. - 4:30 p.m.	Healthy Eating Habits and Health Education
Fri, 8/18	8:00 a.m. - 4:00 p.m.	Adolescent Well Child Checks, Sports Physical Education Day, MCO, CSR, Immunization Clinic, Two Providers for the Day

Vancouver Medical Clinic - Fourth Plain

6100 NE Fourth Plain Blvd, Vancouver, WA 98661

Date	Time	Activities
Mon, 8/13	11:00 a.m. - 2:00 p.m.	NHCW Kickoff: Health Information Booth and Free Goodies for Kids
Tues, 8/14	11:00 a.m. - 2:00 p.m.	Molina and CHPW Information Booth
Wed, 8/15	11:00 a.m. - 12:00 p.m.	Doctor Meet and Greet for Youth
Thurs, 8/16	8:00 a.m. - 5:00 p.m.	Health Education and Food from Garden
Fri, 8/17	2:00 p.m. - 5:00 p.m.	SNAP Benefits Promotion

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

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

Date	Time	Activities
Mon, 8/13	10:00 a.m. - 2:00 p.m.	Diabetes Education and Resources, FollowMyHealth Sign Ups and Information
Tues, 8/14	10:00 a.m. - 2:00 p.m.	Colon Cancer Information, STD Awareness and Education, and FollowMyHealth Sign Ups and Information
Wed, 8/15	10:00 a.m. - 2:00 p.m.	Hypertension Education and FollowMyHealth Sign Ups and Information
Thurs, 8/16	10:00 a.m. - 2:00 p.m.	Nutrition Education and FollowMyHealth Sign Ups and Information
Fri, 8/17	10:00 a.m. - 2:00 p.m.	CHPW and Molina Resource Table and FollowMyHealth Sign Ups and Information
Sat, 8/18	10:00 a.m. - 2:00 p.m.	Sports Physicals

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, 8/13	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Oral and Dental Health Information, Giveaways and Resource Tables
Tues, 8/ 14	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Cancer Prevention and Screening Information
Wed, 8/ 15	10:00 a.m. - 3:00 p.m.	Health Fair: Health Insurance Information, Nutrition and Class Information, Children's Activities, Back-to-School Giveaways, Healthy Snack, Garden Harvesting, Community Resources, and FollowMyHealth Sign Ups and Information
Thurs, 8/ 16	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Mental Health Resources, Stress Management and Community Resources
Fri, 8/17	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	Class Information, Nutrition and Health Information, and Recipes
Sat, 8/17	1:00 p.m. - 5:00 p.m.	Feria Familiar/ Community Fair: Staff providing Blood Pressure and Cholesterol Checks and Sea Mar Resources

Yelm Medical Clinic

202 Cullens St NW, Yelm WA 98597

Date	Time	Activities
Mon, 8/13	9:00 a.m. - 4:00 p.m.	Women, Infants and Children (WIC) Services and Maternity Support Services (MSS)
Tues, 8/14	10:00 a.m. - 2:00 p.m.	Health Care Access, Insurance Resources, FollowMyHealth Sign Ups and Assistance
Wed, 8/ 15	9:30 a.m. - 3:00 p.m.	Retina Screenings and Diabetes Education
Thurs, 8/16	10:00 a.m. - 3:00 p.m.	Dental Activities
Fri, 8/ 17	10:00 a.m. - 3:00 p.m.	Cancer Screenings and Information, Kits, and Inflatable Colon
Sat, 8/18	9:00 a.m. - 4:00 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.