



# ROC Community Health Outreach Partnership



Convened by the Urban League of Rochester



## Community outreach right to your door: Improving access to health education and information.

### What:

- Health information delivered to your home
- One-on-one discussions between residents and health educators
- Learn the needs of various neighborhoods across Rochester
- Build relationships with neighbors and colleagues

**When:** Wednesdays, 3 pm - 5 pm,  
8/6, 8/20, 9/3, 9/17, 10/1, 10/15, 10/29

**Where:** Neighborhoods across these ZIP codes:  
14605, 14606, 14608, 14609, 14611, 14613,  
14619, and 14621

### Learn about:

- Alzheimer's information
- Breast cancer support
- Community events
- Energy saving
- Family resources
- Free healthcare
- Healthy ROC Grocer
- Home weatherization
- How City Council works
- How to quit smoking
- Lung cancer screenings
- Maternal & child health
- Preventing lead poisoning
- Recovery support services
- Vaccinations and immunizations
- Voter registration
- And much, much more



Contact Shannon Regelsberger at (585) 325-6530 or sregelsberger@ulr.org for more information