



Located in the Women's Health Center at the
Clay County Health Department's Bear Run Clinic,
Orange Park, FL. 32065

For more information please contact:
Carol Hall, BSM, Human Services Counselor
@ 269-6340 ext. 447

Or

Rashel Klein, MS, RN Program Manager
@ 269-6340 ext.210



Camellia p r o j e c t

Like the Camellia flower blooms and grows in the cold winter weather, we hope to help you thrive and flourish in whatever harsh conditions that you may be facing.

A wellness program for women of child-bearing age, focusing on good health practices. Research has shown that by being in the best possible health before you try to become pregnant, your baby will have the best chance of a good birth outcome.



Based upon completion of a Woman's Health Questionnaire, education will be provided in an office or home setting, it's your choice.



Topics covered:

- ✦ Nutrition and Exercise
- ✦ Family Planning & Baby Spacing
- ✦ Recommended annual exams and immunizations
- ✦ Health education regarding High Blood Pressure and Diabetes
- ✦ Smoking Cessation
- ✦ Alcohol/Drug use
- ✦ Mental Health concerns
- ✦ Community Resources available
- ✦ And so much more...

All information strictly confidential

Free vitamins & gifts

Free, no income requirements

