

COMMUNITY OUTREACH WELLNESS



CENTERS

Arkansas State Police *staff only*

1 State Police Plaza Dr. | Little Rock
8:30am - 10:30am, 3rd Monday

Bryant Senior Activity Center

6401 Boone Rd. #3 (Bishop Park) | Bryant
9am - 11am, 2nd Wednesday

City Center

315 N Shackelford Rd | Little Rock
10am - 1pm, 2nd Tuesday

Dunbar Community Center

1001 W 16th Street | Little Rock
9am - 11am, 4th Thursday

East Little Rock Senior Center

2500 E 6th Street | Little Rock
9am - 11am, 1st Wednesday

Immerse Arkansas

5300 Asher Avenue | Little Rock
10am - 12pm, 2nd Monday

Jim Dailey Fitness & Aquatic Center

300 S Monroe Street | Little Rock
10am - 12pm, 1st Monday

Mosaic Church of Central Arkansas

6221 Colonel Glenn Road | Little Rock
9:30am - 11:30am, 3rd Tuesday

Parkway Village *members and staff only*

14300 Chenal Parkway | Little Rock
10am - 12pm, 2nd Friday

Southwest Community Center

6401 Baseline Road | Little Rock
9am - 11am, 3rd Thursday

West Central Community Center

8616 Colonel Glenn Rd | Little Rock
10:30am - 12pm, 2nd Wednesday

With specific dates and hours, our wellness centers are staffed by registered nurses to provide screenings (blood sugar, blood pressure, cholesterol), education, referrals and even food assistance.

Hays Senior Citizen Center *members only*

401 W Pershing | North Little Rock
9am - 12pm, 1st and 3rd Tuesday

Lonoke Community Center

1355 West Front Street | Lonoke
9am - 11am, Last Wednesday

Nixon Library

703 W Main St | Jacksonville
11:30am - 1:30pm, 2nd Thursday

North Little Rock Justice Center

1 Justice Center Dr. | North Little Rock
8am - 10am, 2nd Monday

Sherwood Senior Citizen Center

2301 Thornhill Drive | Sherwood
9am - 11am, 1st & 3rd Wednesday

**For more information,
call 501-202-1540.**



Baptist Health

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