



MYHEALTH

FOR TEENS & YOUNG ADULTS
JUNE 2024 NEWSLETTER



YAB 2024



We want to thank our Youth Advisory Board for their incredible work with myHealth's Youth E-Cigarette Prevention and Cessation Initiative (YEPCI).

The '23-'24 year YAB accomplished so many things - including connecting with the community, providing peer education, presenting at various summits, organizing with their legislators, and so much more!

Need a Sports Physical?

We are able to offer same-week appointments.

Student athletes, schedule your appointment today at myHealth!



We accept most forms of insurance and charge up to **\$35** for sports physicals for clients who are uninsured. As always, we are able to

see clients on a sliding scale, and can offer our services for low-cost or no-cost!



myHealth's New Expanded Hours!

Monday: 12pm-8pm

Tuesday: 12pm-8pm

Wednesday: 12pm-5pm

Thursday: 12pm-5pm

Friday: 12:5pm

Saturday: 10am-2pm

Sunday: Closed

 myHealthMN.org

 952.474.3251

 15 8th Ave S, Hopkins, MN 55343

  
[@myHealthMN](https://www.instagram.com/myHealthMN)

50 donors for \$50K

For over 52 years, myHealth has provided essential reproductive, general medical, and mental health services for young people for low-cost and free. The rising costs of providing quality care are putting immense pressure on our resources. We need help to ensure that the community can

continue to receive compassionate and confidential care that we've provided for decades.

A generous foundation has offered to match every dollar we raise up to \$50,000 by the end of June. Please consider joining our "50 Donors for \$50K" campaign. Even a small gift can make a big difference in the life of a young person seeking health support. make an immediate, tangible difference in the life of a young person seeking health support!



¡HABLAMOS ESPAÑOL!!

Did you know myHealth has Spanish speaking staff working at our clinic?

Meet Kayla (she/her) the newest nurse at the clinic! Kayla works part time at the clinic as an English/Spanish RN. Stop by and say hi!



Do you know of a young person who needs quality, low-cost care & speaks a language other than English or Spanish? myHealth can also provide interpreters in any language for someone's visit, just let us know ahead of time!

Join myHealth at these upcoming community events

Stop by and say hello! We will have giveaway items, fun activities, and free resources at our tables.

- Hopkins Raspberry Fest - July 20
- Norwood Young Free Produce Market- July 22
- East Creek Clinic Free Produce Market- August 1

