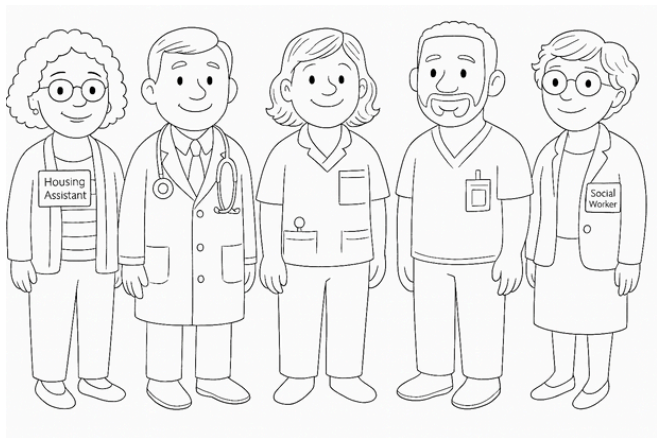




Coloring Book
Special Edition!



This is Bigfoot. Bigfoot is ready for a big day at the local Community Health Center.



The Community Health Center is special. It's a safe place where Bigfoot can get all kinds of help from neighbors.



First, Bigfoot talks to a Community Health Worker. She helps Bigfoot figure out where to go in the big building.



Bigfoot is still learning English, so the Community Health Worker also speaks in Bigfoot's language.



Bigfoot's first stop is the Dentist's office. Bigfoot has big teeth which are ready for a polish!



After the polish, the Dentist gives Bigfoot a big, new toothbrush to use at home.



The Doctor tells Bigfoot about classes at the health center that can help Bigfoot learn to eat healthy and build big muscles!



The Nurse gives Bigfoot important vaccines to keep Bigfoot safe from diseases. Bigfoot is brave, even though the needle is scary!



The Doctor also tells
Bigfoot to visit the
pharmacy, to get some
medicine to heal a big
bug bite.



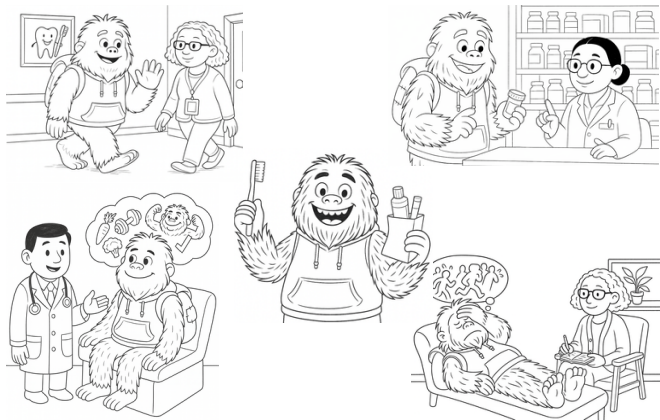
Bigfoot doesn't make a big amount of money, but Community Health Centers make sure that important medicine is affordable.



Bigfoot stops at the
Therapist's office. She
helps Bigfoot manage a
big amount of stress.
Mental health is important!



Finally, Bigfoot goes to the housing office. There, Bigfoot learns about tools to find a bigger, better place to live.



At the Community Health Center, Bigfoot is seen, supported, appreciated, educated, and receives resources to stay healthy.



Bigfoot gives everyone at the Community Health Center a big thanks! Bigfoot also promises to tell more people about the wonderful things they do!

About Community Health Centers

Community Health Centers first opened in 1965, during the Civil Rights movement. Now they offer affordable health care options for 32.5 million people at 1400 locations nationwide.

Community Health Centers help increase access to essential primary care by reducing patients' barriers like cost, lack of insurance, distance, and language. Community Health Centers also provide a full range of care. They have doctors, dentists, therapists, social workers, eye doctors, obstetricians, gynecologists, pediatricians, case managers, and other medical staff available to help patients with all kinds of health issues.

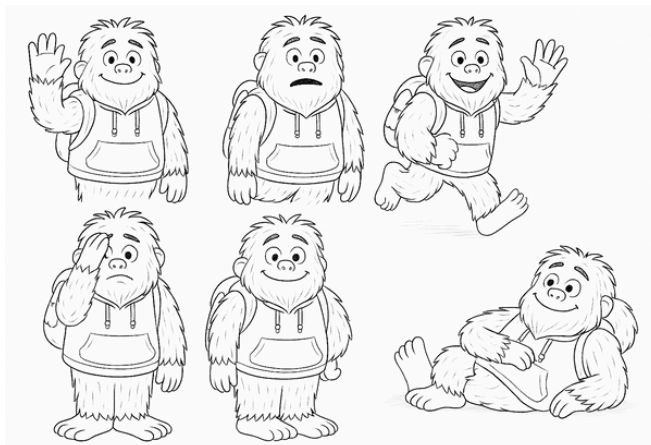


Scan to learn more
about Community
Health Centers' history!





Up next: Nessie lives in the lake and can't travel very far. This time, the health center will come visit Nessie!



Coloring activity: which Bigfoot do you feel like today? Circle your choice!

Learn More About Your Community Health Center

Join Bigfoot at the Community Health Center!



Summer is almost over, and Bigfoot must get ready for the new school year. Bigfoot has a lot to do! From the Doctor to the Dentist, Bigfoot visits all the friendly folks at the Community Health Center to start the new school year on the right foot!