

## Total Health And Wellness Program

### Health Testing

- Blood pressure
- Diabetes
- Cholesterol
- Body fat

### Fitness

- Aerobics
- Strength training
- Swimming lessons (seasonal)

### Disease Management

- Hypertension
- Diabetes
- Asthma
- Arthritis
- Cholesterol
- Smoking Cessation
- Obesity

### Executive Board Members

Larry G. Mills, Chief Executive Officer

Michael Akpeke, Medical Director

Chianta Lindsey, Chief Operating Officer

Melissa Peoples, Case Management

Jackie Taylor, Clinic Coordinator

Allison Lee, Educational Coordinator

### Directions:

Mt. Sinai is located off the cross section of Old Winter Garden Road and Pine Hills Rd.

#### Traveling East on W. Colonial (Going towards downtown Orlando):

Take Pine Hills Rd.  
Make a right on Pine Hills Road  
Stay on Pine Hills Rd. until street appears to dead end.  
You will see the Mt. Sinai church sign.  
Make a right onto the property.

#### Traveling West on W. Colonial (Going towards Winter Garden):

Take Pine Hills Rd.  
Make a left on Pine Hills Road  
Stay on Pine Hills Rd. until street appears to dead end.  
You will see the Mt. Sinai church sign. Make a right onto the property.

#### Traveling North on Kirkman Rd. near Universal Studios (Going towards W. Colonial):

Take Old Winter Garden Rd. (OWG)  
Make a right on (OWG), take (OWG) to Pine Hills Rd.  
Make a right on Pine Hills Road  
Stay on Pine Hills Rd. until street appears to dead end.  
You will see the Mt. Sinai church sign.  
Make a right onto the property.



**Patricia L. Black Community  
Health Center**

**And**

**Total Health & Wellness Program**

A Development Of  
Mt. Sinai Missionary Baptist Church  
Dr. Larry G. Mills, Pastor/CEO

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”*

*III John 2*

**5200 West South Street  
Orlando, FL 32811  
Phone: (407)299-0766  
Website: [www.mtsinaimbccfl.org](http://www.mtsinaimbccfl.org)**

***Of all the forms of inequality, injustice in health care is the most shocking and inhumane— Martin Luther King, Jr.***

The Mt. Sinai Center for Health and Wellness is a health initiative designed to provide a medical home for individuals with chronic illnesses who are challenged by their inability to access healthcare because they are uninsured. The Patricia L Black Community Health Center and the Total Wellness Program provide free health care services to those with acute and chronic health conditions; as well as, educational classes to help individuals better understand their medical conditions; learn how to prevent disease occurrence; and gain life changing behaviors to help them live full and active lives.

The services provided at The Patricia L. Black Community Health Center are donated by volunteer healthcare providers who are committed to meeting the growing number of those without access to health care. Patients who meet the eligibility requirements can receive medical care free of charge. Partnerships with local pharmacies and diagnostic facilities have been established to provide patients with medications and services at reduced costs.

The Total Wellness program provides educational instructions such as smoking cessation and diabetes management without charge to members of the community regardless of income. Our goal is to promote health and wellness.

It is the desire of God that all His children live healthy and whole lives. The objective of the Mt. Sinai Center for Health and Wellness Inc is to ensure that medical, emotional, and spiritual care can be received by individuals and help them to live full and prosperous lives. We believe that all patients deserve to be treated with dignity and respect, regardless of race, religion, or ability to pay. Our goal is to close the health care disparity gap between the insured and the uninsured.

The Mt. Sinai Center for Health and Wellness Inc. is a 501(c)(3) not for profit organization that uses 100% of financial contributions to provide the highest quality medical services for the uninsured citizens of the Pine Hills, Little Egypt, and Orlo Vista communities.

### **Vision Statement**

“To create a caring and nurturing environment where the Church is the center of healing and wholeness leading people to live healthy and prosperous lives.”

### **Mission Statement**

“To holistically meet the physical, emotional, mental and spiritual needs of people within the community and empower them to live healthy lives.”

### **Purpose:**

To provide healthcare, education and coordination services to the Greater Orlando Community so they can maintain the highest level of health wellness. The Mt. Sinai Center will be a victorious center bringing health care, healing and stability to the lives of people. We will bring life changing experiences to our community and unto all that come through the doors.

## **Free Medical Clinic**

The Patricia L. Black Community Health Center is a part of the Mt. Sinai Center For Health and Wellness Inc.. This Christian mission will serve individuals who cannot afford medical insurance by providing totally free healthcare services.

### **What are the hours of operation?**

Tuesday: 6:00 pm to 9:00 pm

### **Are appointments preferred?**

Yes, Call (407)299-0766 for Appointment

### **Are walk-ins welcomed?**

Yes, last walk-in accepted at 8:00pm

## **DO I QUALIFY?**

You must be an Orange County Resident

### **What information must I bring?**

Proof of income: *(One of the followings)*

- Pay stubs representing last 4 weeks of income
- Unemployment compensation letter of approval or denial letter
- Notarized letter of support from Charitable organization
- Food stamp denial/approval letter
- Last year's income tax return including W-2 or 1099

Photo ID, All current medications

### **What types of services are provided?**

Treatment for Acute and Chronic conditions:

- Colds, Flu
- Backache, Headache
- Abdominal complaints
- Hypertension, Diabetes, Asthma
- Physical exams