

# JULY 2025 TADISO TIMES

## BREAKING NEWS!

Central Outreach Wellness Center will be on-site Friday, July 25 from 7am - 12pm for HEP C testing and care for patients.

## WELLNESS RAFFLE

HAVE YOU BEEN FLAGGED BY  
WELLNESS FOR HAVING HIGH BLOOD  
PRESSURE AND/OR DIABETES?

BRING IN PROOF OF STABLE BLOOD  
PRESSURE READING AND/OR A1C% FOR A  
\$30 FOOD VOUCHER AND TO ENTER A  
RAFFLE FOR A CHANCE TO WIN A PRIZE  
AT THE END OF THE YEAR

STABLE BLOOD PRESSURE = UNDER 140/90  
STABLE A1C% = UNDER 8%

MUST BE DIAGNOSED WITH HIGH BLOOD  
PRESSURE AND/OR DIABETES  
AND

MUST HAVE BEEN FLAGGED BY WELLNESS  
TO ENTER

\*  
REACH OUT TO  
WELLNESS WITH ANY  
QUESTIONS AND TO  
ENTER

\*  
PROOF EXAMPLES:  
PCP AFTER VISIT  
SUMMARY  
BLOOD WORK RESULTS

## Attention Patients!

The Wellness Department is offering  
\$30 food vouchers to patients who:

- ✓ Provide proof of a stable blood pressure (under 140/90) and/or a stable A1C (under 8%)
- ✓ Complete wellness coaching with a counselor, RSS, or Wellness staff

Patients who submit proof of stable readings will also be entered into an end-of-year raffle for a special prize!

*Note: These incentives are available to patients flagged by the Wellness Department.*



@TADISOINC

JULY 2025

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Join us on Thursday, July 10 from 9am–1pm for all things wellness—free goodies, a smoothie demo and networking opportunities you don't want to miss! Meet local vendors, grab some snacks and learn tools to help you live your healthiest life.



## SUMMER WELLNESS FAIR

Tadiso Inc.  
Thursday, July 10<sup>th</sup>  
9am - 1pm

Giveaways, Raffles, Snacks  
and Resources for all

Community Vendors

ABC Family Health, AHN, Genesis House, HSAO, UPMC Mercy, Veterans Place and more

### IT'S GETTING HOT IN HERE.

*Know the signs of heat illness.*

- ✓ Muscle cramps
- ✓ Heavy sweating
- ✓ Rapid pulse
- ✓ Fatigue
- ✓ Nausea



Seeking opioid use disorder treatment? Call 1-833-TADISO-3.