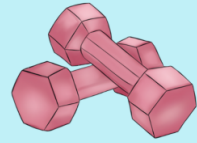




# LEHB Health & Wellness Center



9432 Roosevelt Blvd Philadelphia, PA 19115  
ALL SERVICES AT THE HEALTH AND WELLNESS CENTER ARE  
FOR LEHB MEMBERS AND DEPENDENTS ONLY

## BEHAVIORAL HEALTH

Phone #: 267-350-5405

2nd Floor - Private Entrance  
By Appointment Only  
Mon-Fri 10AM-6PM

LEHB Behavioral Health provides many resources for members, their spouses and children from a skilled team of Psychologists, Licensed Marriage and Family Therapists, Professional Counselors, Psychiatrists and Nurse Practitioners. Individual, Couples and family therapy, as well as Psychiatric evaluations and medication management are available both in person and virtually for any reason to accommodate individual needs. Seminars and workshops are offered at various points throughout the year on pertinent topics including resilience, suicide prevention, trauma and relationships. If you want to go to a provider closer to home and do not wish to be seen virtually, LEHB can help you find the best provider for you outside of the Health and Wellness Center.

## TEMPLE MEDICAL OFFICE

Scheduling #: 215-707-2400  
Option #2

2nd Floor  
MWF 8:30AM-5:00PM \*Closed for lunch 12pm-1pm  
Tu/Th: 10:30AM-6:00PM \*Closed for lunch 12pm-1pm

Nurse Practitioner Anna Morales-Caraballo, DNP-FNP BC is available for members and dependents 15 and older for Primary Care Services, Walk-In sick visits, lab work, EKGS and some vaccines. ( Shingles, Flu, TDAP, Pneumonia, Hepatitis A and B)

## DIETITIAN, EMILY RYKACZEWSKI MS, RD, LDN

2nd Floor  
By Appointment Only

Phone #: 267-350-5401

LEHB Dietitian Emily can be seen virtually or in person. Services include: Medical Nutrition Therapy, Mindful Eating Weight Management, Sports Nutrition Meal Planning , Eating on a Budget.

## FITNESS CENTER

Phone #: 267-350-5400

1st floor  
5AM-11PM Mon - Thurs  
5AM-10PM Fri  
8AM-6PM Sat  
9AM-5PM Sun

The LEHB Fitness Center is a full service Gym that is available to only LEHB members and their covered dependents over 15 years old. The fitness center also holds classes such as Zumba, Yoga, Full Body Resistance Training and Line Dancing. LEHB Paperwork and forms CANNOT be dropped off at the Fitness Center.