

FOR IMMEDIATE RELEASE

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### Primary Health Care opens new Wellness Center on the East Side

DES MOINES, IA --February 15, 2019-- The Primary Health Care Wellness Center will officially open to begin seeing patients on February 15, 2019. The Wellness Center will focus on providing innovative, preventative care and health education to patients, staff and the community.

“The urge to pursue wellness has had many moments of inspiration that I can date back to my days in medical school,” said Dr. Bery Engebretsen, Chief Medical Officer and founder of Primary Health Care. “I look forward to the work our team will be doing at the Wellness Center to treat not just diseases like hypertension or diabetes, but the causes of the disease.”

PHC has partnered with DMARC to develop food boxes to send home with patients struggling with food insecurity and encourage healthy food choices. Additional programming at the Wellness Center will include planting a community garden, a diabetes group research study in partnership with the University of Chicago and regular “Walks with a Doc” lead by Engebretsen.

The PHC Wellness Center will be located at 3509 E. 29th St. and will be open Monday through Friday from 8 a.m. to 5 p.m.

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PHC is a nonprofit community health center with 15 locations throughout Ames, Des Moines and Marshalltown. They provide medical, dental, behavioral health, HIV care, homeless support and other services to the poor and underserved living in central Iowa. PHC works to bridge the gaps in care identified by the communities they serve and have been providing health care and supportive services in central Iowa for over 35 years.