The Urban Health and Wellness Center
1153 William S. White Building
509 N. Harrison St.
Flint, MI 48502

General Phone:  (810) 424-5269
Physical Therapy:  (810) 424-5270

Hours of Operation:  (By Appointment) M-F
Physical Therapy:  8am-4pm
Primary Care:  9am-5pm

http://www.umflint.edu/uhwc/

City Bus and Walking Directions:

*TRAVELING via WALKING to the Urban Health and Wellness Clinic from the MTA Bus Stop on Saginaw for Physical Therapy or Primary Care (UHWC is part of the William S. White Building on UM-Flint's Campus):

1. Exit Bus and turn right heading south along Saginaw Street on the sidewalk.
2. You will walk .15 of a mile on the sidewalk heading south and turning left (east) at the entrance off of Harrison Street to the William S. White Building.
3. As you are looking at the building our entrance is on the far left corner.
4. Continue heading (left) east for another .05 of a mile to the William S. White Building on the sidewalk.

We are located on the 1st floor on the North side of the William S. White Building (5th Avenue Side—Rally's across the Street) in the Urban Health and Wellness Clinic (UHWC). The UHWC is located on the first floor, room 1153. You can ONLY enter from the OUTSIDE of the WSW Building at the north-western end of the building, separate from the main entrance.

The Urban Health and Wellness Center provides outpatient healthcare services for members of the Genessee Health Plan. The Genessee Health Plan provides basic healthcare coverage for adults aged 19 to 64 with limited income and no other health insurance. Primary Care is provided by licensed Nurse Practitioners who focus on quality healthcare through health promotion, health maintenance, disease management and diagnosis. Physical Therapy Services are provided by licensed Physical Therapists for a number of acute and chronic pain conditions and for pre and post-op surgical therapy. Limited services for students are also available through the clinic.
Driving Directions:

*TRAVELING WEST FROM PORT HURON ON I-69 AND TRAV-ELING EAST FROM LANSING ON I-69*
Take I-69 to I-475 north to exit 8A (Longway Boulevard) which is approximately one mile from the I-475/I-69 interchange. After exiting I-475, turn left at the second traffic light. Travel west on Longway Boule-vard. At the fourth traffic light, turn left into University of Michigan-Flint campus parking lot. Select a parking space anywhere in Lot P. Enter through the UHWC main doors.*

*TRAVELING NORTH FROM ANN ARBOR ON US-23*
Take I-475 north to exit 8A (Longway Blvd.) which is approximately one mile from the I-475/I-69 interchange. After exiting I-475, turn left at the second traffic light. Travel west on Longway Boulevard. At the fourth traffic light, turn left into University of Michigan-Flint campus parking lot. Select a parking space anywhere in Lot P. Enter through the UHWC main doors. *

*TRAVELING NORTH FROM THE DETROIT AREA ON I-75*
Take I-75 north to I-475 north. Take I-475 seven miles north to exit 8A (Longway Boulevard) which is approximately one mile from the I-475/I-69 interchange. After exiting I-475, turn left at the second traffic light. Travel west on Longway Boulevard. At the fourth traffic light, turn left into University of Michigan-Flint campus parking lot. Select a parking space anywhere in Lot P. Enter through the UHWC main doors. *

*TRAVELING SOUTH FROM BIRCH RUN/SAGINAW ON I-75*
Take I-75 south to I-475 south. Take I-475 south approximately 9 miles. Get off I-475 at exit 8A (Longway Boulevard). After exiting I-475 you will be on Chavez Drive South, turn right at the second traffic light. Travel west on Longway Boulevard. At the fourth traffic light, turn left into University of Michigan-Flint campus parking lot. Select a parking space anywhere in Lot P. Enter through the UHWC main doors. *

***The UHWC is located on the first floor, room 1153. You can ONLY enter from the OUTSIDE of the WSW Building at the north-western end of the building. This is indicated by the yellow place marker in the map below:

Parking

There is limited metered parking in Lot P (see the map on the right and below). There is also Visitor and UHWC patient parking in Lot P, directly in front of UHWC at the North end of the WSW Building (see the yellow bubble location on the maps below)

Remember:
Parking laws at the UHWC are enforced! Parking in the wrong spots or expired ones will get you a ticket. If you do not want a ticket, you can park in a UHWC marked space, get a State Handicapped Permit to park in a handicapped space, or pay to park at a regular meter (Don't let it expire!).

Also, please sign in your vehicle at our front desk. Any fines received must be paid to the 68th District Court (Fines are: $25 for expired meters or $154 for handicapped parking without a State of Michigan permit or handicapped license plate.

- If the parking space asks for coins, give it!
- Park anywhere that is indicated as UHWC parking, and make sure you have a permit if it is marked as handicapped parking!
All other parking spots are used for other departments and using them will result in a parking ticket!