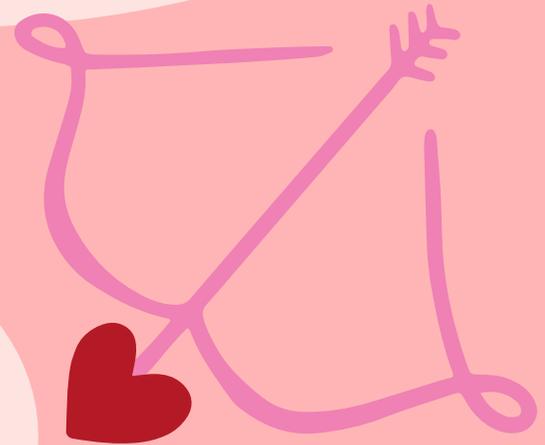


Mothers and Children Health Association February Newsletter

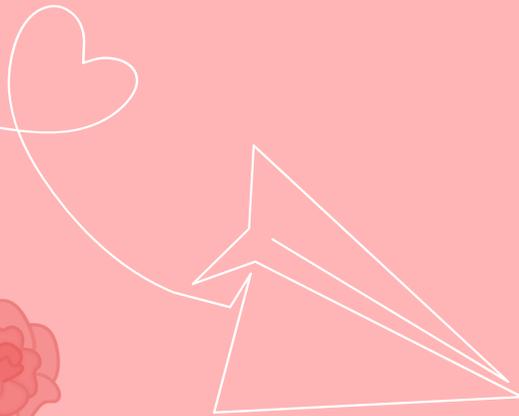
February is American Heart Month!

This month raises awareness about heart health, including the often-overlooked importance of cardiovascular care during pregnancy. Heart disease is a leading cause of maternal mortality in the United States, making early screening and proper prenatal care essential for protecting both mother and baby. A large part of this awareness effort is ensuring that women have access to early screening, prenatal care, and education about maintaining healthy blood pressure and lifestyle habits during pregnancy. Supporting maternal heart health not only protects mothers, but also improves outcomes for their babies.

<https://www.heart.org/en/american-heart-month>



Thank you to everyone who came out to our first GBM in January! We appreciate all the interest and passion in our organization and we are so excited to see what we can accomplish together this year!



Upcoming events

Galentine's Social

February 12, 7:30pm
BIO 212

Come out to our February Galentine's Social for some fun games and sweet treats! It will be a great time to meet new people in the club!



MACH Night: Donation Drive Packing Party

February 16, 6-7pm
HS II 345

We are collaborating with PACK and WWPF at UCF for this hygiene supplies drive. Examples of donation items accepted include the following: toothbrushes/toothpaste, shampoo, body wash, floss, baby wipes, chapstick, etc.. Come out to the packing party to help sort and pack all the donations!

Ice & Bites Partial Proceeds

February 16, 6-10pm

Head over to Ice & Bites after the packing party for a partial proceeds event to help raise money for MACH!

AdventHealth/ORMC Clinical Volunteering Workshop

February 25, 6:30 – 7:30pm
TCH107

Learn all about the ins and outs of how to get clinical volunteering opportunities in Orlando!



Wizeprep Partnership

Wizeprep offers exclusive discounts and structured academic support for MACH members taking the MCAT. Members benefit from **15% off Wizeprep's MCAT course**, **15% off Wizeprep's Monthly Subscription**, and occasional **free access vouchers**.

Wizeprep will also host **free workshops** and **practice tests** throughout the semester!

[https://www.wizeprep.com/homepage?
utm_source=email&utm_medium=partnerships&utm_campaign=09/25%20Fall%20Launch&utm_content=MACH](https://www.wizeprep.com/homepage?utm_source=email&utm_medium=partnerships&utm_campaign=09/25%20Fall%20Launch&utm_content=MACH)



Knight Connect Reminder

Don't forget to log your hours as you attend events!!

Instructions on how to do so:

1. Click on your icon in the top right
2. Click on "Service Hours."
3. "+Add Service Hours"
4. Fill out the form and wait to get approved

UNIVERSITY OF CENTRAL FLORIDA

Search...

Add Service Hours

*Organization
Mothers and Children Health Association (MACH)

*Description
Grace Medical Home Safe Sleep Workshop

*Date
10/18/2023

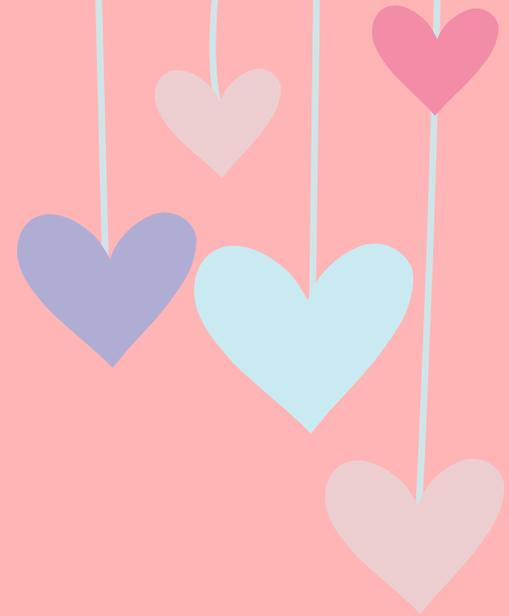
*Hours
1

*Minutes
0

Verification Contact
ucmach@gmail.com

CREATE CANCEL





Stay in Touch!

Gmail: ucfmach@gmail.com

Instagram: [@mach.ucf](https://www.instagram.com/mach.ucf)

Groupme:



Happy Valentine's Week!

