



CAC-Florida Medical Centers add night, weekend hours

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Three CAC medical centers now open weeknights and Sundays

[CAC-Florida Medical Centers](#) (CAC) this month expanded hours for walk-in service at three of its full-service medical centers in Miami-Dade County, providing its Medicare members with access to medical treatment and health care services on weeknights and Sundays.

Starting Oct. 1, CAC's Bird Road, Westland and Little Havana medical centers are now open 8 a.m. to 10 p.m. Monday through Friday, and 8 a.m. to 3 p.m. on Saturday and Sunday.

"These centers are our three busiest facilities, in neighborhoods and urban areas where we have a lot of seniors who are dependent on our health and medical services," said CAC-Florida Medical Centers CEO Dr. Mayda Antun. "We wanted them to be able to come in to these centers and see one of our physicians without an appointment when they need it, and when it is convenient for them."

CAC's other seven medical centers – in East Hialeah, West Hialeah, Westchester, North Miami Beach, Kendall, South Dade and Homestead – will continue to be open for members 7 a.m. to 5 p.m. Monday through Friday.

CAC is also making other improvements this fall to its facilities and its services, said Dr. Antun, including launching a new member-focused Web site (www.cacmedicalcenters.com) this week that features current information on CAC-sponsored events and activities in the community and at its medical centers.

"We're also expanding and improving our very popular Casitas, or wellness and activities centers, at a number of our medical centers," Dr. Antun said. Renovations are nearing completion on the wellness center at CAC's West Hialeah location (4410 W 16th Ave.). Construction will begin shortly on expanding the existing wellness center at CAC's East Hialeah medical center (2475 E 5th Ave.).

CAC's wellness and activities centers offer Medicare patients free transportation services and a variety of educational programs and group activities that focus on healthy aging, socialization, and lifestyle enrichment and wellness, including the [SilverSneakers Fitness Program](#). SilverSneakers is the nation's leading exercise program for older adults and is a member benefit provided at no additional cost to CarePlus Health Plans Medicare Advantage members. CAC has an exclusive agreement to serve CarePlus members at its 10 medical centers.

The three CAC medical centers that now offer weeknight and weekend hours are:

- Bird Road: 10431 SW 40th St., Miami. Ph: 305-222-2000
- Little Havana: 1200 SW 1st St., Miami. Ph: 305-961-2000
- Westland: 975 W 49th St., Hialeah. Ph: 305-819-6300

For more on CAC-Florida Medical Centers, visit its Web site at www.cacmedicalcenters.com.

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