

Support the Ronald McDonald Family Room at UAB Women & Infants Center



The Ronald McDonald Family Room at UAB Women & Infants Center in Birmingham is managed by Ronald McDonald House Charities of Alabama. Just steps away from the NICU and Continuing Care Nursery, it provides an oasis of calm and healing respite for families while increasing their ability to advocate for their child.

Amenities include laundry facilities, three private sleeping rooms and showers, a kitchen stocked with snacks and an area with comfortable chairs where families can watch TV.

How you can help!

- ♥ Work place giving
- ♥ Host a community fundraiser or Facebook fundraiser
- ♥ Purchase an RMHCA specialty vehicle tag for cars, trucks & motorcycles
- ♥ Round-Up for RMHC at McDonald's
- ♥ Donate online at RMHCA.org/5-years-family-room
- ♥ Donate pop tabs
- ♥ Donate Wish List Items
 - Individual serving packages of crackers, chips, cereal bars & nuts
 - Individual serving packages of cereal & instant oatmeal
 - Individual condiment packets of ketchup, mustard & mayonnaise
 - Individual serving juice pouches/boxes
 - Dye & scent-free laundry detergent pods and dryer sheets
 - Disposable cups, plates, bowls & utensils
 - Travel size mouthwash, lotion, shampoo & conditioner

Please drop off or deliver tabs and Wish List items to our Ronald McDonald House. Thank you!



**Ronald
McDonald
Family Room®**
UAB WOMEN & INFANTS CENTER

Continuing Care Nursery, Suite 2397
1700 6th Avenue South
Birmingham, Alabama 35249-6922
Lisa VanZandt, Family Room Manager
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To coordinate a donation, contact Kathy Moore at
205-638-7258 or Kathy.Moore@rmhca.org



**Ronald McDonald
House Charities®**
Alabama

Keeping families close®

1700 4th Avenue South
Birmingham, AL 35233

Connect with us!
RMHCA.org
[@rmhcalabama](https://www.instagram.com/rmhcalabama)

