

# HEALTHY U

MONTHLY NEWSLETTER

HEALTHCARE

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ISSUE TWO | FEBRUARY 2024

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## WELLNESS CHECK-UP

Prioritize Your Well-Being:  
Importance of Health Screenings



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Regular check-ups not only detect problems but also ensure that you stay on track with your health goals. They provide an opportunity to discuss concerns, receive guidance on healthy habits, and track progress towards optimal well-being. Annual check-ups provide an opportunity for a comprehensive evaluation of your overall health, including weight management, immunizations, and mental well-being. Don't wait for symptoms to appear before prioritizing your health. Remember, investing in preventive care today can lead to a healthier tomorrow.

[Click Here](#) to read more.

## Boost Your Immunity: Strategies for Flu & Cold Season



As we step into the new year, it's crucial to prioritize our health, especially amidst the flu and cold season. With dropping temperatures and fluctuating weather, our bodies are more susceptible to illnesses. Here are some essential tips to help you stay healthy and ward off the flu and colds:

- Get Vaccinated
- Practice Good Hygiene
- Boost Your Immune System
- Stay Active
- Avoid Close Contact with Sick Individuals
- Cover Your Mouth and Nose
- Clean and Disinfect Frequently Touched Surfaces
- Monitor Your Symptoms

[Click Here](#) to Read More.

### Meet Our Wellness Team

Emily Trujillo, MA



Emily Trujillo, a spirited resident of Greenfield, CA, is determined to sharpen her public speaking prowess while pursuing a nursing degree. Beyond her academic pursuits, she finds joy in devouring books, tuning into music, exploring nature's wonders through hiking, and unleashing her culinary creativity through baking and cooking.

To schedule an appointment 877.877.7981 or use the QR code below to visit our appointment portal.



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