



HEALTH DISPARITIES

CHALLENGE YOURSELF

April is a time to raise awareness about health disparities and encourage everyone to take charge of their well-being. We're committed to helping you stay healthy through preventative care and physical fitness—key steps to preventing health problems before they start.

Why Preventative Care Matters

Preventative care is your first line of defense against chronic conditions like diabetes, heart disease, and hypertension, which disproportionately affect minority communities. Regular check-ups, screenings, and healthy habits can catch issues early and keep you thriving. This month, let's prioritize:

Annual Wellness Visits

Schedule yours today to assess your health and set goals.

Screenings

Blood pressure, cholesterol, and glucose checks can detect risks early.

Vaccinations

Stay protected against preventable diseases—ask us what's due!

Get Moving for Better Health

Physical fitness isn't just about looking good—it's about feeling good and preventing illness. Even small steps can make a big difference:

Start Simple: A 30-minute walk, 5 days a week, can lower your risk of heart disease and boost your mood.

Stay Consistent: Find activities you enjoy, like dancing, biking, or yoga, to keep moving.

Build Strength: Light resistance exercises can improve bone health and metabolism.

Your 30-Day Health Challenge Starts Now!



Ready to transform your health this April? Join our 30-Day Preventative Care & Fitness Challenge:

Week 1: Kick Off with Care

1. Schedule your annual wellness visit or a screening with us.
2. Walk 30 minutes a day, 5 days this week.

Week 2: Build the Habit

1. Add 1 extra serving of fruits or veggies to your daily meals.
2. Try a new activity (dancing, stretching, etc.) for 20 minutes, 3 times this week.

Week 3: Boost Your Strength

1. Do a simple strength exercise (like squats or arm lifts) for 10 minutes, 4 days this week.
2. Check in with us about your vaccination status.

Week 4: Finish Strong

1. Increase your walks to 40 minutes, 5 days this week.
2. Celebrate your progress—share your wins with us at your next visit!

Your Health, Your Future

Let's focus on prevention together. Small changes today—like eating better, staying active, and visiting us for routine care—can lead to a healthier tomorrow. Take the challenge and see the difference in just 30 days!

It's never too late to prioritize your health—schedule a check-up today and take the first step toward better health!



Schedule an in-office OR virtual visit with your local clinic!

COLUSA

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[Schedule Appointment](#)

CHICO

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SALINAS

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Salinas, CA 93901

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SANTA MARIA

2605 S. Miller St. #100

Santa Maria, CA 93455

(805) 888-7019

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VIRTUAL VISITS



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VISALIA

315 S. Johnson St.

Visalia, CA 93291

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TURLOCK

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