Nurses Notes

By Nurse Vickie

Summer is finally here in full force. Father's Day celebrates the men in our lives and is a fabulous time for those men to focus on their own health.

June is Men's Health Month. It seems that men often put themselves last when caring for their own health. Take time this month to focus on the health of yourself or a special man in your life.

The Infographic on the right represents some simple, free preventative steps you can take to address the health needs of yourself or someone you love.

To quote Ben Franklin, ***"An ounce of prevention is worth a pound of cure."***

Please call or email me if you would like to discuss your health needs further.

Live Every Day with Intention,
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