

# UP TO SPEED

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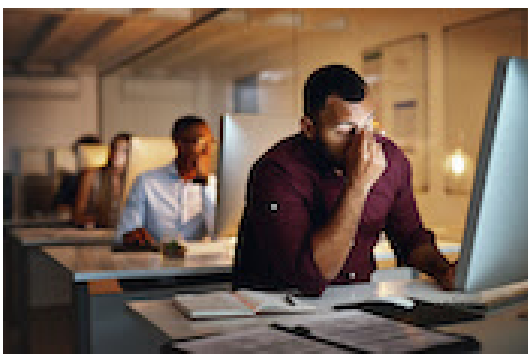
- ◆ Back-to-School Health
- ◆ Fall Allergies
- ◆ Screen Time and Eye Strain
- ◆ Trigger Finger



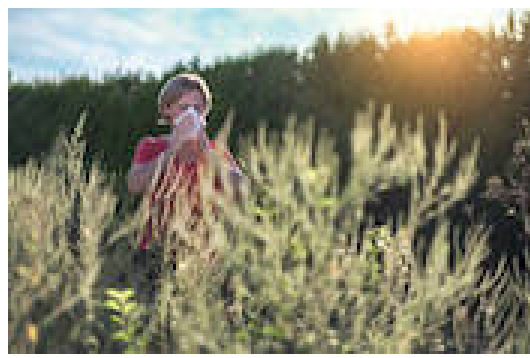
## Back-to-School Health: ABCs for Parents

You have probably started shopping for school supplies and reviewing team sports schedules. But just as important as coordinating the carpool is setting your children up for good health and wellness when school begins. Take notes on the health ABCs that will keep kids of all ages healthy, safe, and productive.

[Learn More](#)



**Too Much Screen Time: How Devices Impact Your Eye Health**



**Fall Allergies are in Bloom: Start Preparing Now**



**Understanding Trigger Finger: Q&A with a Hand Surgeon**



## August is National Immunization Awareness Month

Are you up to date on your vaccines? Schedule your primary care appointment today.

[Learn more](#)

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