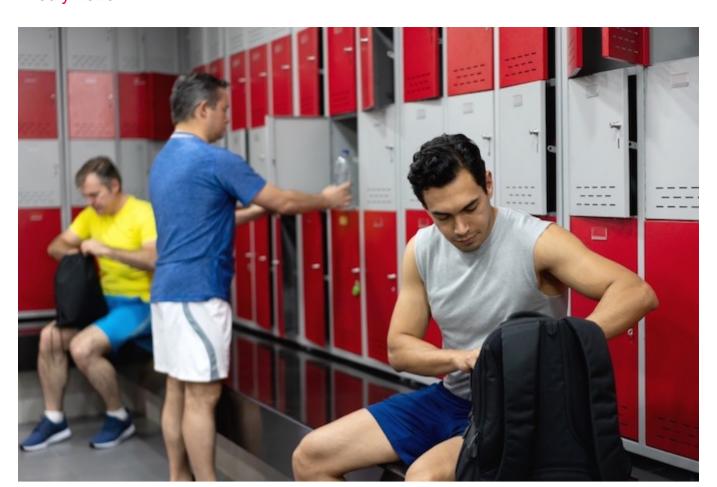


## In The Know

July 2023



### How to prevent skin infections

Germs love the gym and pool. All it takes is a little cut in the skin and bacteria, a virus, or fungi can enter your body. Follow our tips to avoid picking up an infection that wreaks havoc on your skin.

Learn more





Why am I out of breath? Learn more

Could my rash be Lyme disease? Learn more

#### **Urgent Care Corner**

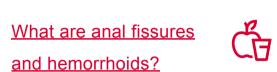


How to beat heat rash

and hemorrhoids?



Why is my throat itchy?

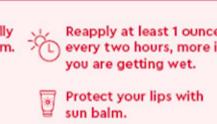


What to eat when your

# **Sun Safety Tips**









### Now open

We look forward to seeing you at our new locations.

> <u>Inwood</u> **Brick**

Wayne/Hamburg (Opening 7/24)

### Resources on the go





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