

## In The Know

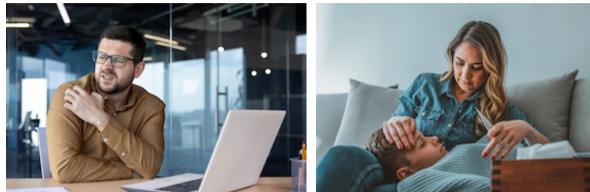
December 2023



How to heal a bruise.

Bruises are usually harmless, but they can be an eyesore and cause pain or tenderness. In this guide we explore what causes bruises, and different ways we can help our body heal.

Learn more

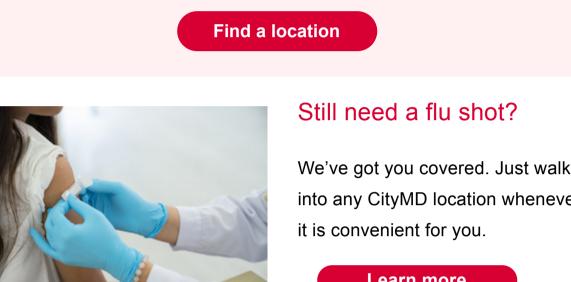




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Urgent care corner

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## Resources on the go



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## Locations Patient portal

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