



# FEBRUARY '17

## WELLNESS LETTER

Dear Patients and Friends,

We are cruising into 2017 and February is an extremely busy month! Everyone equates February with Valentine's Day and by all means DO NOT forget your loved ones!!!! However, there's more to February than just this so we've got an exciting amount of information to bring to you to assist you on your journey to optimum health!

Remember to "Wear Red" on February 3, 2017. This brings attention and awareness for heart health. We are not in the office on Fridays so our office will do this on Thursday February 2, 2017 instead.

February 4, 2017 is World Cancer Day. I cannot think of a single person who has not been impacted by cancer. Please make sure you plan all of your cancer screenings this year! Do not hesitate. Delay could bring disaster.

We will be sending out Facebook posts, emails and in-office handouts on ways to improve your blood pressure, reduce inflammation which can lead to pain and heart disease as well as some simple ways to move and be healthy. We encourage you to participate in these efforts by taking advantage of this information and share with your family and friends so they too can improve their health potential. Information + Action = Results.

We've received some great ideas on information that you are interested in and will be sharing with you throughout the weeks and months ahead. However, we always strive to bring you the information that YOU are most interested in. So please email us, message us on Facebook or call our office to let us know your thoughts so we can bring to you the latest and most relevant information on health and wellness.

Every day when you wake up be grateful for what you have and work hard for what you want. Always remember to tell your loved ones you love them every day!

Make it a great day!

Dr. Ed Galvin

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