

Illness Prevention



Upcoming Events

September 2025

Flu Vaccine Clinics

On-site flu shots will be available at the following locations:

Tuesday, September 16 | 9 AM–5 PM

- MLP NY – 399 Park Ave.
Sub Level -2 Millennium Wellness Center

- MLP Miami – 1111 Brickell Ave.
24th Floor Room 24E2

Thursday, September 18 | 9 AM–5 PM

- MLP NY – 200 Park Ave.
9th Floor, MPR (multi-purpose room)



Women's Health Lunch & Learn Series

Join Amrita Kalra, MSc, RD, for a three-part series focused on women's health.

- **Part 1:** Exploring Hormone Health
Wednesday, September 17 | 12–1 PM
- **Part 2:** Managing Symptoms & Conditions of Hormone Health
Thursday, September 25 | 12–1 PM
- **Part 3:** Menopause & Beyond
Tuesday, October 7 | 12–1 PM



From prevention to empowerment, these events are designed to support your health—because when you're well, everything works better.



Why Illness Prevention Should Be a Priority This Fall



As schedules pick up this fall, it's the perfect time to refocus on your health. Routine checkups and preventive screenings are proven tools to help you stay ahead of illness, reduce long-term healthcare costs and minimize time away from work.

“Staying up-to-date with your annual physical exam is an easy way to stay on top of your health. It aids in identifying any potential health issues and focuses on disease prevention.”

— Alicia Wright, NP, Millennium Wellness Center

Whether you're managing a chronic condition or simply staying on top of your health, our clinical team is here to support you with quick, on-site care that fits into your day.



5 Prevention Strategies You Can Start Today

Small actions can make a big difference in protecting your health.

Here are five evidence-based strategies from our clinical team to help you stay well:

- 5 Wash your hands**—often and well. It's still one of the simplest, most effective ways to prevent illness.
- 4 Stay current on vaccinations.** Ask our team about flu shots and other important immunizations.
- 3 Keep moving**—just 15 minutes helps. Short daily walks or stretching sessions support immune and cardiovascular health.
- 2 Hydrate and eat to fuel your immune system.** Choose whole foods and stay well hydrated, especially in the heat.
- 1 Don't ignore symptoms.** Early care can prevent minor issues from becoming long-term health setbacks.

Need to check in with a provider?

Our Nurse Practitioners, Doctors of Chiropractic, Doctors of Physical Therapists, are available on-site for quick evaluations and preventive care.

[Schedule](#) your wellness visit today

Did You Know

60% of adults in the U.S. have at least one chronic disease—and many are preventable.

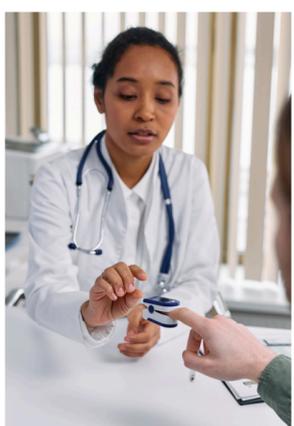
According to the [Center of Disease Control](#), “six in 10 Americans have at least one chronic disease, and four in 10 have two or more chronic diseases.”

These conditions—like heart disease and diabetes—often progress without noticeable symptoms, and early intervention through checkups and lifestyle changes can delay or even prevent them

Solution:

[Schedule](#) a preventive visit with our Nurse Practitioners to check key indicators like blood pressure, blood sugar, and cholesterol.

Adopt small daily habits—healthy meals, a short walk and stress management—to support long-term wellness.



Ready, Set, Run!

Running is one of the most accessible ways to stay active, but poor form can lead to unnecessary pain and injury.

Learn how small adjustments to posture, stride and arm swing can improve efficiency and protect your joints.

[Read tips from experts at HSS on how to run with proper form.](#)

Rehab Corner

Fly into Strength

Add power to your chest, control to your shoulders and support to your posture, all with one move.



The supine chest fly is a simple but effective upper body exercise you can do on a bench or mat to boost strength and stability.

Scan the QR code to learn how to incorporate it into your daily routine.

