





## **Prioritizing Wellness Care:** From Check-ups to Choices with MWC Nurse Practitioners

Preventive care is vital for long-term health as it targets potential health issues early, preventing serious problems. Here's why it's crucial and how small lifestyle changes matter.

## **Early Detection:**

Regular check-ups and screenings catch health issues early, making treatment easier and reducing complications.

### **Cost-Effective:**

Investing in prevention like vaccinations and screenings saves on future medical expenses.

# **Quality of Life:**

Proactive prevention leads to improved physical and mental health, enhancing overall well-being.

## **Long-Term Benefits:**

Simple lifestyle changes over time significantly reduce the risk of chronic diseases and boost well-being.

Empower yourself by prioritizing your health today. Book a preventive care appointment and take the first step towards optimal well-being. Click here to schedule.

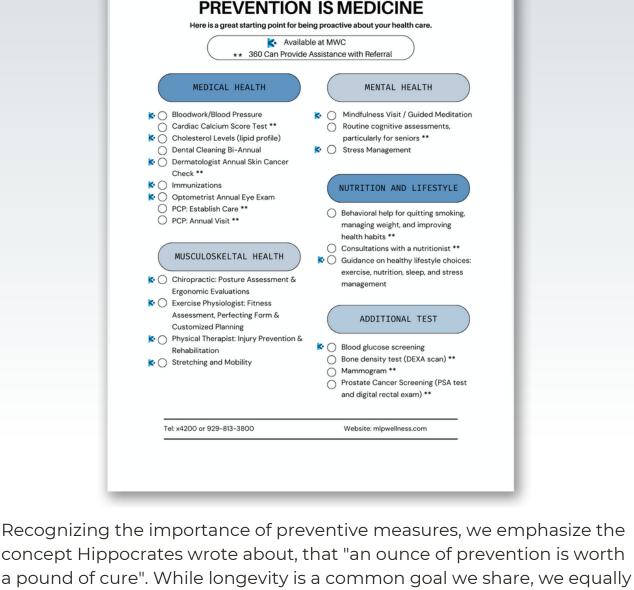


# From Awareness to Action

Did You Know?

### The CDC reports, healthy behaviors are only part of the picture. Getting routine preventive care can help you stay well and catch problems

early, helping you live a longer, healthier life.



prioritize a high quality of life as we age. Our commitment is reflected in the comprehensive wellness services we provide, ensuring a holistic approach to health and well-being. -Navjot Kaur D.N.P A Word From Our HSS Affiliate

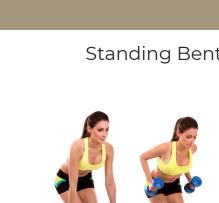
Benefits of Strength Training for Women Throughout Life Discover the significant advantages of



regimen, ranging from enhanced bone density to reduced injury risk. Explore how women of all ages, from adolescents to older adults, can reap distinctive benefits from engaging in strength training exercises. Click here to learn more! Rehab Corner

incorporating strength training into your

Standing Bent Over Bilateral Shoulder Row with Dumbbell



This exercise offers numerous benefits, including improved shoulder strength, enhanced posture, and increased upper body stability. By engaging multiple muscle groups, such as the deltoids, rhomboids, and trapezius, it promotes overall upper

body strength and endurance. Incorporate this effective exercise into your routine to achieve better shoulder health and functional strength. Click here for video.

Direct Extension x4200 • 929-813-3800 • mlpwellness.com