

Seasonal Illness

Staying Healthy

Stay healthy anywhere, office, home, or abroad. MWC keeps you in top form, wherever work takes you.

Boosting Immunity: Your First Line of Defense

Our nurse practitioners can help you build a robust immune system before you even pack your bags.



Personalized vaccination schedules



Immune-boosting supplement recommendations



Tips for staying hydrated on long flights

Click [here](#) to schedule your health consultation.

Combating Fatigue: Perform Better Anywhere

Our chiropractors and exercise physiologists work together to help you beat fatigue:

Spinal care modalities to alleviate travel-related back pain



Soft tissue therapy to relax tense muscles, reduce fatigue, and boost circulation

Quick exercises to improve circulation after long periods of sitting



Stay Fit Anywhere: From Hotel Rooms to Home Offices

Our physical therapists and exercise physiologists can design a series of exercises you can do anywhere:



15-minute high-intensity workouts for your hotel room



Resistance band exercises for maintaining strength



Stretching routines to counteract long periods of sitting

Click [here](#) to schedule a musculoskeletal appointment.

Upcoming Event

Upcoming Flu Vaccine Clinics

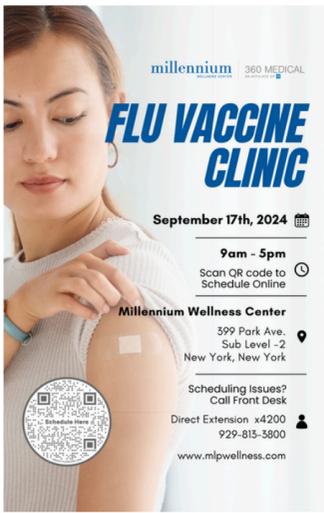
Flu Shots Made Easy!
We've got your health covered. Join us for quick flu shots at:

- **NYC Millennium Wellness Center Floor -2:**
9/17/24, 9am - 5pm
- **Miami MPR Floor 24:**
9/17/24, 8am - 5pm
- **West Palm Beach Room 18B:**
9/19/24, 12pm - 2pm

In and out fast - no time wasted!

To schedule:

- NYC & Miami: Click [here](#) to book online
- West Palm Beach: Call 929-813-3800 x4300



Did You Know?

Fall into Fitness

HIIT/Sculpt Every Monday starting on 9/9/24

Short on time?
Try HIIT! Just 45 minutes of high-intensity interval training can boost your immunity and fitness.



Mat Pilates Every Wednesday starting on 9/11/24

Pilates boosts immunity! It improves circulation, reduces stress, and enhances breathing - all key to fighting seasonal illnesses.

Onsite Personal Training

Your shield against seasonal illness! Build the strength and endurance to power through flu season and workdays alike.

Invest in your health: Click [here](#) to start your personal training journey today!



A Word From Our HSS Affiliate

Sports Physicals: Keeping Young Athletes Safe

Annual sports physicals are crucial for young athletes. These exams screen for heart issues, asthma, joint problems, and more.

The goal? Keeping kids active safely, even if adaptations are needed.

Read more [here!](#)



Rehab Corner

Single Leg Squat with Chair

Balance meets strength in the single leg chair squat! This powerhouse move sculpts your legs, core, and glutes while boosting stability.

Master it to upgrade your fitness and prevent falls.

Click [here](#) to learn the perfect form and unlock your potential!

