

# newsletter

August 2025

## Back-to-School & Sports Physicals 🏀🏊

Get your child school-year ready with a thorough physical – quickly, affordably, and stress-free.

Now through September 30th, we're offering one-time student physicals for just \$99.

- ✓ No membership required
- ✓ No insurance needed
- ✓ No hidden fees
- ✓ Same-day and next-day appointments available
- ✓ Includes all forms completed on the spot
- ✓ Open to all students!
  - Those under age 18 must bring a parent or legal guardian to the appointment

## peach blossom *weight management* consultations

"Each person is different. We will treat you as such. Our **nine-step 90 minute** weight loss consultation ensures that your weight loss treatment plan will be specially made with **you** in mind. Best part? It's FREE for our DPC members."

### We do medical ear piercing!

Why go to the mall and get pierced by an inexperienced teenager?

- Join the Elation Health Patient Portal to be able to access your chart and exchange detailed messages with us
- Patients can now access their own billing account using Hint health.
- Please sign up for Spruce and download the app to your phone in order to be able to text the practice.

Member  
Reminders

Dr Rabia Qureshi -  
Your Partner in Accessible,  
Affordable, & Personalized Care

## Word of the Month: Thermogenesis

Thermogenesis is the process your body uses to produce heat and burn calories

This process can happen naturally through physical activity, eating lean foods, and even little movements like fidgeting!

Small movements and regulatory eating throughout the day can support your metabolism and energy use.

## August is Eye Safety Awareness Month

- Make sure you book your annual eye checkup!
  - Eye exams can provide information before detrimental symptoms are even noticed!
  - For example, Glaucoma, Macular Degeneration, and diabetic symptoms.
- Wear UV Protection
  - Sunglasses that block 100% of UVA/UVB rays protect your eyes from long term sun damage
  - High amounts of sunlight can increase the risk of cataracts and even cancer of the eyelid
- Digital Eye Strain
  - Prolonged screen time can increase the risk of blurry vision, dry eyes, and headaches.
  - Blue light glasses / filters, reducing screen brightness, and the 20-20-20 rule can reduce eye strain

## Spread the word!

Help us promote wellness:

- 1.Refer a Friend: Encourage others to join and both of you get \$ off of membership
- 2.Leave a Google, Healthgrades or Yelp Review: Your feedback helps us grow.
- 3.Follow & Share: Engage with us on social media.

