

COMMUNITY UPDATE

OFFICE HOURS

Monday - Thursday,
8am-12pm, 1pm-5pm

Things to Know:

- ✦ ALL pre-exam appointments include FASTING labs. Failure to fast prior to your pre-exam will require us to reschedule your AWE, resulting in a substantial delay.
- ✦ PRE-EXAM TIMES: ALL Pre-exam appointments begin at 8AM.
- ✦ Your AWE: these appointments are generally scheduled a year in advance. Please keep your scheduled pre-exam and AWE appointments to avoid the inevitable 3-4 month delay.
- ✦ THE SUN IS STRONG: Spring brings the strongest rays so be sure to remember to cover up, use sunscreen and hydrate!

AFTER HOURS ARE FOR
URGENT MEDICAL ISSUES
THAT CANNOT WAIT UNTIL
THE NEXT DAY:

910.400.1175

This number is for EMERGENT issues outside of business hours only. Non-emergent messages that come through CallMyDoc after hours may not be addressed until the following business day. Of course, CALL 911 if you are having a true medical emergency.

Be Healthy, Be Happy!

Let's talk about living longer & living better!

Join us on June 15, 2023, at 3 o'clock pm at the St. James

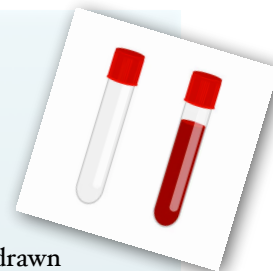
Community Center for a presentation centered around a long and healthy life. With life expectancy anticipated to rise, *how* we live is just as important, if not more so, than *how long* we live. Dr. Suchecki will walk us through the current data and discuss positive changes we can all take to maintain the very highest quality of life. Want to get in the mood? Listen to the [BFM Don't Worry Be Happy Event Playlist!](#) Please RSVP by clicking [HERE](#) by Monday, June 12, 2023. If you have any questions, please do not hesitate to call the office.



Your Labs

NEW PROCEDURE

When you receive a reminder of your lab appointment, **go to Doshier Hospital or LabCorp.** If the reminder is for your Pre-Exam, come to the office. Pre-Exam labs are the *only* labs drawn on-site now.



REMINDER: All routine labs are drawn offsite.

SPT patients go to Doshier (Main Hospital); ILM patients go to LabCorp. Orders will be sent just prior to your "scheduled" date, which act only as a reminder. Please go at any time, at least 5 days prior to your appointment. **ALL LABS ARE FASTING UNLESS TOLD OTHERWISE.**

May is National Meditation Month!

DID YOU KNOW THAT MEDITATION:

- ☯ Reduces Stress
- ☯ Controls Anxiety
- ☯ Promotes Emotional Health
- ☯ Enhances Self-Awareness
- ☯ Lengthens Attention Span
- ☯ Fights Addictions
- ☯ Reduce Age Related Memory Loss
- ☯ Improves Sleep
- ☯ Helps Control Pain
- ☯ Decreases Blood Pressure

OUR FAVORITE
MEDITATION APP:
INSIGHT TIMER!

This App has 1000s of hours of free content to include LIVE meditations & yoga!

