



Is a wellness checkup on your mind? **Put it on your calendar.**

The lawn? Cut. The hedges? Trimmed. Your annual checkup? Let's work on that next. Things like a physical, updated blood work and vaccinations are easy yet crucial steps to keeping you well. So this year, get back to checking your checkup off the to-do list.

Make an appointment today.
[WellSpan.org/Wellness](https://www.wellspan.org/Wellness)

