

June 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



New Wellness Website!

Ralph Lauren and Wake Forest Baptist Health have brought all your wellness information into one place. Now you can book a clinic appointment, see what services are offered, get a new recipe, and view previous webinars all in one place. Check it out today!

[View Wellness Website](#)

Mobile Mammograms Coming Onsite in June

Mammograms are key to discovering breast cancer in its early stages when it's easiest to treat. In order to screen for breast cancer, women should have a mammogram every year beginning at age 40. For the convenience of Ralph Lauren

employees, Invision Diagnostics will be bringing Mobile 3D Mammography to you at the **High Point Location on June 8**, the **Kernersville location on June 15** and the **Beechwood location on June 17**. All images will be compared to previous year's images and will be read by a Breast Fellowship Board Certified Radiologist, and sent to the patients' primary care provider. **Please bring your Insurance card and driver's license with you to your appointment.**



Please note, this Spring mammogram event will not replace our annual October mammograms. By offering this opportunity in the Spring, we hope to provide more flexibility to employees.

[Kernersville Appointments](#)

[High Point Appointments](#)

[Beechwood Appointments](#)

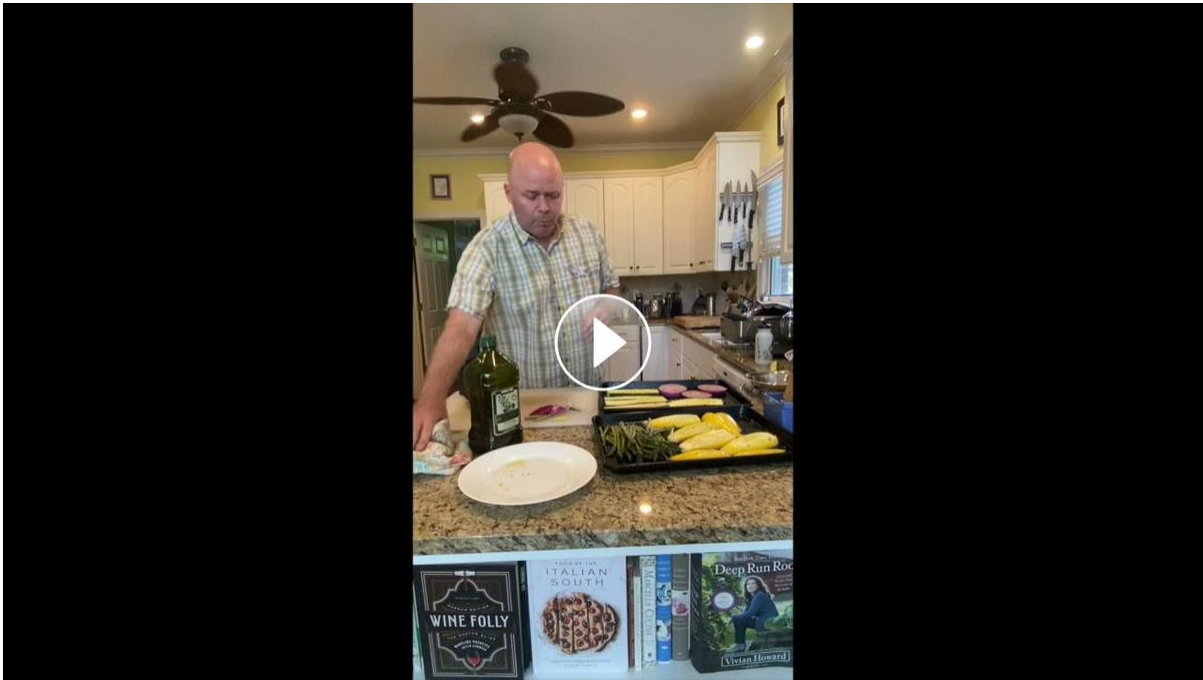
Pool Safety

Swimming pools are great places for family fun. It's important to ensure everyone follows these simple safety steps to stay safer in and around the water.

- Never leave a child unattended in or near water
- Teach children how to swim
- Teach children to stay away from drains
- Ensure all pools you visit have compliant drain covers
- Know how to perform CPR



[Learn More](#)



Healthy Summer Grilling

Grilling can be a fun and healthy summer food option, but if you aren't careful, grilled food can hide unexpected calories. Check out these healthy and delicious recipes.

[Get the recipes](#)

Youth Physicals for Camp, Sports, or College

The Ralph Lauren Onsite Care clinic offers physicals for kids headed to camp, playing sports, or going to college. This service is available at the Kernersville NC66 location only. You must bring the child's full vaccine records to the appointment. New vaccines can not be given at the clinic.



Don't wait until the last minute. Book your appointment today.

[Book an Appointment Now](#)

Get Moving Summer Virtual Workout Class

Join Wake Forest Baptist Health Fitness Trainer,

Brandon Smith, IFA Certified and BCA Certified Personal Trainer, on **Thursday, June 24, 5 to 5:30 pm** for a virtual workout. Get moving! Everyone from Beginners to Advanced are welcome in this fun 30-minute workout. Challenge yourself to do this workout three times a week all summer and reach some new wellness goals!



[Register for Webinar](#)

[Book An Appointment at the Clinic](#)

[myWakeHealth](#)



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