

# August 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



## Back to School Physicals

The Ralph Lauren Onsite Care clinic offers physicals for kids who are heading back to school, playing sports, or going off to college. This service is available at the Kernersville NC66 location only. You must bring the child's full vaccine records to the appointment. Unfortunately new vaccines cannot be given at the clinic. Don't wait until the last minute. Book your appointment today.

[Book an Appointment Now](#)

## Skin Screening

Skin cancer is the most prevalent type of cancer in the United States. The Ralph Lauren Onsite Care Clinic will be offering onsite Skin Screenings in August to check for moles, birthmarks, or any other marks that are unusual in shape, size, or texture. These

marks are not necessarily cancerous but can be -- which is why it is important to get screened.

High Point - Thursday, August 5  
Kernersville/NC66 - Thursday, August 12  
Beechwood - Thursday, August 19

[Book an Appointment Now](#)



## Fitness That Feels Like Fun

Did you enjoy jumping rope, swimming, or riding your bike as a kid? You probably did not realize it was exercise because you were having fun. Well, working out as an adult can also be fun. As long as you are physically active every day, you are getting exercise. Once you know your fitness level, think about lifestyle activities (pickleball, hiking, jumping on the trampoline with your kids) that can help you reach your exercise goals while enjoying it too.



[Fun Fitness Ideas](#)

## Outdoor Family Games

Summertime is a great time of the year to get outdoors and enjoy the fresh air by hiking, swimming, or playing at the park with your children. Playing games at home with family or friends in the backyard or neighborhood is another great way to have fun.



[Outdoor Family Game Ideas](#)

[Book An Appointment at the Clinic](#)

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