

## September 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



### Take Care of Your Mental Health

COVID-19 continues to have a big impact on our day-to-day life, which can create feelings of uncertainty. Fortunately, Ralph Lauren employees have access to Nathan Blake, CFBPPC, LCAS, as part of the Onsite Care Clinic. Contact Nathan at 336-416-3623 for your mental health and wellbeing needs.



[Book an Appointment Today](#)

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### Register for Your Flu Shot

Everyone is strongly encouraged to be vaccinated annually against the flu virus. Flu vaccines are your

best defense against getting sick and the most effective way to control the spread of the virus. Flu shots will be offered by appointment:

**Beechwood** on September 15 from 9 am to Noon and October 6 from 1 to 5 pm

**High Point Clinic** October 4 to 29 (Monday to Friday) from 8 to 9 am and 3 to 4 pm.

**Kernersville Clinic** October 4 to 29 (Monday to Friday) from 8 to 9 am and 3 to 4 pm.



[Beechwood - Book Your Appointment](#)

[High Point - Book Your Appointment](#)

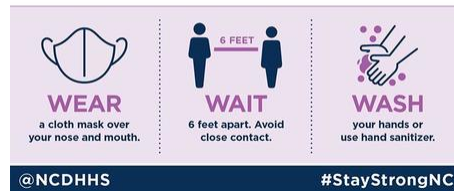
[Kernersville - Book Your Appointment](#)

## COVID-19 Prevention

Protect yourself and others from COVID-19. Wear a mask, wash your hands, and continue to social distance. Vaccination appointments are still available; book your appointment today.

[Book an Appointment Now](#)

If you leave home, know your 3 Ws!



## The Importance of Sleep

Getting enough sleep is important for your daily functioning and well-being. Sleep helps keep your mind and body healthy. Prioritizing proper rest and good bedtime habits will help you reap the benefits of getting a good nights sleep.



[Learn More](#)

[Book An Appointment at the Clinic](#)

[myWakeHealth](#)



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**Call the Clinic at 336-893-0013**

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