

# July 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



## FREE Online Resources To Get Active This Summer

Getting active helps your physical fitness, relieves stress, and improves your mental health. It can be hard to find time to go to the gym or attend an in-person workout class, which is why we recommend trying out this curated selection of workout videos. These workout classes are made for all fitness levels, so grab a mat and press play! Check out these great online workouts you can do online or at home.

[Free Online Workouts](#)

## Perfect Summer Burger

A perfect healthy burger recipe for the summertime. This parmesan turkey burger has that mouthwatering "wow" factor that you want for your next barbeque, while also being healthier than your average burger.



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## Taking Care of Your Mental Health

Our daily activities and routine have been significantly impacted by COVID-19, which can create feelings of uncertainty. Fortunately, Ralph Lauren employees now 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 Now](#)

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## 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](#)

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## Take Care of Your Eyesight

Taking care of your eyes is an important part of your wellness journey. John Ledon, LDO, shares his tips on how to take proper care of your eyes and prevent issues that often arise with the eye.



[Listen to the BestHealth Eye Care Podcast](#)

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[Book An Appointment at the Clinic](#)

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Call the Clinic at 336-893-0013

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