

October 2021

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



Register for Mammograms

A mammogram is the best screening tool we have to detect breast cancer early when the chances of survival are highest. In order to screen for breast cancer, women should have a mammogram every year beginning at age 40. In October, mammograms will be offered at:

Beechwood on November 3

High Point on October 14 and November 19

Kernersville on October 12

[Beechwood - Book Your Appointment](#)

[High Point - Book Your Appointment](#)

[Kernersville - Book Your Appointment](#)

Or you can call Invision Diagnostics at 877-318-1349

Note: It is suggested, patients schedule their mammogram either prior to receiving a COVID-19 vaccine or 4 weeks after their second dose to avoid a potential false-positive exam results.

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 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.

Alternate appointment times are available by calling the clinic at 336-893-0013.

[Beechwood - Book Your Appointment](#)

[High Point - Book Your Appointment](#)

[Kernersville - Book Your Appointment](#)

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](#)

The Importance of Women's Health

A woman's health can be impacted in a variety of ways across her lifetime. It is important to be aware of potential risks that can come up at different ages and to take preventative measures to avoid disease and encourage a healthy life and longevity. Learn the top 10 things for women to do to live a healthy life.



[Learn More](#)

[Book An Appointment at the Clinic](#)

[myWakeHealth](#)



Call the Clinic at 336-893-0013

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