



Keeping you healthy, at all ages.



Your age is your mindset.

It's common to think of getting older as something negative, but according to research, when we think positively about aging, it can be easier to be proactive about our health. Your wellness center meets you where you are. With easy access to providers and personalized care, we're here for you, no matter where you are in life.



Schedule a visit.

My Premise Health app | mypremisehealth.com

City of Palm Beach Gardens Health & Wellness Center

Monday, Tuesday, Wednesday, Friday 7 a.m. - 4 p.m.

Closed 12 p.m.- 1 p.m.

Thursday 9 a.m. - 6 p.m.

Closed 1 p.m. - 2 p.m.

(561) 775-8242

Who can use these services?

Services are available to all employees, spouses, retirees, and dependents (ages 2 and up for acute, ages 10 and up for well and chronic care) on the insurance plan as well as those who have signed up for the health center benefit

