

	JAN	FEB	MAR
Q1	<p>Physicals and Results*</p> <p>Physicals can be confusing, but not at Premise Health. Here's what you can expect. We'll explain your results in terms that make sense. (Webinar teaser - February)</p>	<p>Cholesterol and Heart Health</p> <p>Want to know more about HDL, LDL and hyperlipidemia? We'll take the time to walk you through your readings and guide you toward better heart health.</p>	<p>Asthma and Allergies</p> <p>Simple tests can help you diagnose these common conditions. We can order tests, and provide medication and allergy shots to manage your symptoms.</p>
	APR	MAY	JUN
Q2	<p>Headaches and Migraines</p> <p>Don't suffer in silence. If you have regular headaches that interfere with everyday activities, we can help.</p>	<p>Anxiety and Mental Wellness</p> <p>Anxiety is a common health condition often left untreated. And different types benefit from different care plans. Your PH provider is here to deliver the care you need to feel better.</p>	<p>Women's Health (+Menopause and HRT)*</p> <p>Women's health can be complicated, so you need a healthcare team in your corner. We'll work with you to develop a personalized care plan for your age and stage. (Webinar teaser – late June)</p>
	JUL	AUG	SEP
Q3	<p>Weight Management</p> <p>Many Americans deal with weight concerns, and it gets harder as we age. We can help you adopt a safe, steady strategy to get back to your ideal weight.</p>	<p>Men's Health (+Testosterone Facts)*</p> <p>With all you do, it's important to prioritize your health. We're here to help you manage all your medical concerns, both big and small. (Webinar teaser – late August)</p>	<p>Sore Throat and Acid Reflux</p> <p>The season for sore throats is coming. But long-term pain could be a sign of acid reflux. Let us help identify and treat what could be behind the pain.</p>
	OCT	NOV	DEC
Q4	<p>Flu Shots</p> <p>Annual flu shots are updated to fight against changing strains, including this year's mix. Don't take a chance on the flu; schedule your appointment today.</p>	<p>Winter Wellness Tips and Nutrition*</p> <p>People tend to worry less about their health and wellness during the winter months. Here are some simple tips to help you stay healthy through every season. (Webinar teaser – mid November)</p>	<p>Seasonal Affective Disorder (SAD)</p> <p>If you're feeling low and don't know why, it could be SAD. We can help you find solutions to feel better.</p>

*The Break Room Webinar will have a similar focus in this quarter.