



Your Clinic Hours

Monday - Friday
 7:00 a.m. - 7:00 p.m.

Saturday
 8:00 a.m. - 4:00 p.m.

Sunday
 9:00 a.m. - 4:00 p.m.



Mark Your Calendars!

April 16
 Autism Support Group
 5:30 - 6:30 p.m.
 Quincy Medical Group
 1101 Maine, 2nd floor,
 room B1

May 7
 Under Construction: Cancer Support
 Group
 6:30 - 8:00 p.m.
 One: Restaurant, Quincy
[Click here to learn more.](#)

Springtime Workout



Looking for a jump start for your Spring workout Routine - Try this 4 week beginner program. Equipment needed: resistance tube

April Wellness Tip Women's Health Screenings



Happy Spring!! This month we are looking at important health screening for women. As we strive to take steps in practicing health prevention, it is good to have a check list of preventative screenings.

1. **Annual Physical** -During this time your vitals will be checked, such as blood pressure, height, weight, and heart rate and blood tests may be recommended to check glucose and cholesterol levels. Your physician may order additional tests specific to your health.
2. **Mammogram** - It is recommended that women get annual mammograms starting at age 40.
3. **Colonoscopy** - It is recommended to be screened at age 50.
4. **Bone Density Screening** - This test for osteoporosis risk should start at age 65.
5. **Gynecological Exam/Pap Test** - Pap tests to check for any changes in your cervix that might lead to cervical cancer. Paps are now recommended starting at age 21.
6. **Dental Exams** - Experts recommend that you get a dental cleaning and exam once or twice a year.
7. **Eye Exams** - If you have vision problems, you'll probably need an eye exam every year. Otherwise, if you have no symptoms and no risk factors for eye disease your eye professional may see you up to every other year. Talk to an eye professional about how often you should get checked.
8. **Specialty Appointments** - If you're a generally healthy person, these minimal doctor visits are probably all you need to stay healthy. But half of U.S. adults have one or more chronic conditions, which means many Americans need to see certain specialists more often. For example, if you have diabetes, you should be seeing a diabetes specialist (probably an endocrinologist). If you have heart disease, make sure you're checking in with your cardiologist.

Week One:

Monday/Wednesday/Friday
30 jumping jacks, 10 push-ups, 20 squats, 15 crunches

Tuesday/Thursday/Saturday
30 high knees, 20 second plank, 10 lunges, 15 tube back rows

Sunday
Rest or light 5 mins jog/walk and stretch

Week Two:

Monday/Wednesday/Friday
35 jumping jacks, 12 push-ups, 25 squats, 20 crunches

Tuesday/Thursday/Saturday
35 high knees, 30 second plank, 16 lunges, 20 tube back rows

Sunday
Rest or light 7 mins jog/walk and stretch

Week Three:

Monday/Wednesday/Friday
40 jumping jacks, 15 push-ups, 30 squats, 25 crunches

Tuesday/Thursday/Saturday
40 high knees, 40 second plank, 20 lunges, 25 tube back rows

Sunday
Rest or light 10 mins jog/walk and stretch

Week Four:

Monday/Wednesday/Friday
45 jumping jacks, 18 push-ups, 35 squats, 30 crunches

Tuesday/Thursday/Saturday
45 high knees, 50 second plank, 26 lunges, 30 tube back rows

Sunday
Rest or light 12 mins jog/walk and stretch

Make Ahead Breakfast Sandwiches



Ingredients:

- * Nonstick cooking spray
- * 6 large eggs
- * 1/2 tsp salt
- * 1/2 tsp pepper
- * 6 slices deli ham
- * 6 slices Swiss cheese (optional)
- * 6 whole grain English muffins

Instructions:

1. Preheat oven to 350 degrees.
2. Grease a muffin tin with nonstick cooking spray. Break each egg into a muffin tin, season with salt and pepper.
3. Bake for 15-17 minutes, or until eggs are cooked through.
4. Let eggs cool, then divide ham, cheese, and eggs between the English muffins.
5. Wrap tightly with plastic wrap, and freeze.
6. To cook, heat the sandwiches in a microwave on high heat for 2 minutes, or until cooked through.

9. **Dermatologist** - This includes anyone with a family history of skin cancer, as well as people who have a lot of moles or freckles-and remember that people with darker skin are not immune to skin cancer.

**Please remember- whether you've been to the doctor already this year or not, if you notice something different about your health, schedule an appointment.

Join us for the Bridge the Gap to Health Race

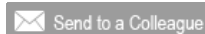


BRIDGE THE GAP TO HEALTH RACE

The Bridge the Gap to Health Race will take place on May 18, 2019. The race will feature a 5K, 10K and Half Marathon for the competitive runner as well as a 5K leisure walk. The day also includes the Paul Arndt Kid's Fun Run. We hope you can join us for this fun, family-friendly event! All funds go to support the Quincy Medical Group Healthcare Foundation and the Quincy Catholic Charities MedAssist Program.

[Click here to register!](#)

Along with a new logo, this year's event has several exciting changes. Learn more by visiting our Bridge the Gap [Facebook page](#) or our [website](#).



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