



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!

June 19
Nutrition Series: Healthy Living - Back to the Nutritional Basics
5:15 - 6:00 p.m.
Quincy Medical Group
1025 Maine St.
To register: Call Nutrition Services at (217) 222-6550, ext. 3117
[Click here to learn more.](#)

June 18
Autism Support Group
5:30 - 6:30 p.m.
Quincy Medical Group,
1101 Maine, 2nd Floor, Room B1

July 2
Under Construction: Building Yourself Back Up During and After Cancer
6:30 - 8:00 p.m.
One: Restaurant, 600 Hampshire, Quincy
[Click here to learn more.](#)

June Wellness Tip Men's Health Month



In June we celebrate Men's Health Month. Typically every year we discuss the doctor's appointments, prostate exams, blood work etc., that should be checked off the list in order to keep good health in the future. Although those things are important and should be listed, there are several other areas that boys/men should be evaluating. For example here are some questions to ask young men/boys as well as adult men:

- How well do you sleep? How many hours do you sleep each night?
- Recently have you felt: Angry, Anxious, Sad or Depressed?
- Have you ever bullied others? Have they ever bullied you?
- Do you ever have thoughts about hurting yourself or others?
- Have you ever had sex of any type?
- Does anything hurt?
- Is there anything you feel you need to talk to a doctor about?

Physical health is often what we think of first, but remember a happy and healthy life comes from a balance in all areas of well being such as social, emotional, spiritual, intellectual, environmental, occupational (for those old enough to work), AND physical health. Maintaining physical health can come from following tips such as:

- Eat a healthy diet.
- Maintain a healthy weight.
- Get moving.
- Limit alcohol.
- Manage stress.
- Don't smoke.
- Stop avoiding the doctor.

Cucumber & Pineapple Salad

July 6
Parkinson's Support Group
10:30 a.m. - 12:00 p.m.
Quincy Public Library
[Click here to learn more.](#)

Ladder Workout



Try this ladder workout with only your body weight:

- Push-ups - 10 reps
- Lunges - 10 reps
- Pull -ups - 10 reps (modify however needed)
- Squats - 10 reps
- Power Jumping Jack - 10 reps
- Inchworm - 10 reps

Repeat all for 9, 8, 7, 6, 5, etc. reps

Sports Physicals



Mt. Sterling
Tuesday, June 11, 1-4 p.m.
Tuesday, July 23, 1-4 p.m.
Appointment is required.
(217) 773-3963

Quincy
Wednesday, June 19, 6-9 p.m.
Tuesday, July 23, 6-9 p.m.
Appointment is required.
(217) 222-6550, ext. 3282

Keokuk
Thursday, July 11, 5-9 p.m.
Appointment is required.
(319) 524-4300



INGREDIENTS:

- 1 English cucumber, diced
- 1 (20 oz.) can diced or fresh pineapple, liquid reserved
- 1/4 cup roughly chopped cilantro
- 3 tbsp diced white onion
- 2 limes, zested and juiced
- 2 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper

INSTRUCTIONS:

1. Place the cucumber, pineapple, cilantro, and onion in a large bowl.
2. In a small bowl, whisk together the lime zest, lime juice, olive oil, salt, pepper, and 1 tablespoon reserved pineapple juice.
3. Drizzle over the salad, and toss well.
4. Serve chilled or at room temperature.

Quincy Farmer's Market



Quincy Medical Group will be at the Farmer's Market every Saturday providing fun, family friendly activities!

[Click here to see the full Calendar of Events!](#)

 [Send to a Colleague](#)

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