



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!

Every Saturday
QMG at the Farmer's Market
Free crafts and activities every
Saturday
9:30 a.m. - 1:00 p.m.
Washington Park, Quincy
[Click here for more information.](#)

October 12
Parkinson's Support Group
10:30 a.m. - 12:00 p.m.
Quincy Public Library
526 Jersey Street, Quincy
[Click here for more information.](#)

October 16
Nutrition Series: Healthy Living - Back
to the Nutritional Basics
5:15 - 6:00 p.m.
Quincy Medical Group
1025 Maine Building
Registration is required.
[Click here for more information.](#)

Flu Shot Clinic

October Wellness Tip

**October is Breast Cancer
Awareness Month**



Happy Fall! Although we are still waiting for the trees to change colors here in the mid-west, you can definitely feel the weather changing towards cooler temps. In October we bring awareness to Breast Cancer and early detection. We encourage all women to get their annual mammograms and perform self-exams.

According to the Centers for Disease Control and Prevention (CDC), with the exception of some kinds of skin cancer, breast cancer in the United States is-

- The most common cancer in women, no matter your race or ethnicity.
- The most common cause of death from cancer among Hispanic women.
- The second most common cause of death from cancer among white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

To reduce your risk of all cancers, strive to maintain a healthy lifestyle by practicing the following:

1. Stay away from tobacco
2. Be safe in the sun
3. Eat healthy
4. Stay active
5. Get your annual screenings

Beyond mammograms, there are other preventive screenings available for women. Below are some suggested exams, please discuss with your physician regarding which tests are appropriate for you.

- Pap Smear/Cervical exam
- STD and HIV testing
- Breast cancer screening
- Colonoscopy
- Diabetes testing
- Lipid profile
- Physical examination
- Depression screening

Zesty Salmon Burgers



Quincy Medical Group will offer a walk-in Flu Shot Clinic throughout the month of October at our various locations. No appointment necessary.

Quincy - Adults

Every Friday in October
7:00 a.m. - 7:00 p.m.
1025 Maine St., Quincy

Quincy - Pediatrics

Every Friday and Saturday from
October 4 through November 9.
7:00 a.m. - 7:00 p.m. (Fridays)
8:00 a.m. - 4:00 p.m. (Saturdays)
Pediatrics Department
1025 Maine St., Quincy

Halloween HITT Workout



Complete each exercise for 30 seconds perform 3 rounds of each set.

#1:

1. Pumpkin push-ups
2. Jack-o-lantern jumping jacks
3. Spooky sumo squats
4. Candy corn crunches

#2:

1. Terrifying triceps dips
2. Horrifying high knees
3. Pirate planks
4. Lurking lunges

#3:

1. Bloody bear crawl
2. Mummy mountain climbers
3. Bewitching butt kicks
4. Scary Side squats

 Send to a Colleague

Quincy Medical Group
1025 Maine Street
Quincy, Illinois 62301
wellteam@quincy-medgroup.com



Ingredients:

- 2 (5-ounce) cans of boneless, skinless pink salmon, drained and finely chopped
- ¼ cup plus 4-5 Tablespoons of Panko bread crumbs, separated
- ½ cup diced red bell pepper
- ¼ cup of mayonnaise
- 1 large egg, beaten
- 2 teaspoons of dried mustard
- 1 Tablespoon of fresh dill
- zest of half a lemon
- 1 Tablespoon of extra virgin olive oil

Instructions:

1. Place the salmon, ¼ cup bread crumbs, bell pepper, mayonnaise, egg, dry mustard, dill, and zest of the lemon in a large bowl and mix until well combined.
2. Arrange the remaining 4 to 5 T bread crumbs on large plate. Shape the salmon mixture into eight patties (a generous ¼ cup each) and coat both sides with the bread crumbs.
3. Heat one-half of the oil in a large nonstick skillet over medium-high heat. Cook the cakes until the bottoms are golden brown, about 5 minutes. Flip the cakes, add the remaining oil, and cook until golden brown, an additional 4 to 5 minutes. Adjust the heat if the bottoms brown too quickly.

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!](#)