



Practice News

- We are currently scheduling through June.
- If you have received new insurance this year, please call the office to update prior to coming in for an appointment.
- Register for our patient portal. You can send non urgent messages, request refills, see immunizations history, and more! Call the office to get set up.



You Can Save Lives: Donate Blood Today!

The Red Cross is experiencing record low blood donations, leading to an emergency blood shortage. Click the link to make an appointment to donate.

[Click Here!](#)



How a Healthy Heart Works

On Valentine's Day, we celebrate love with heart-shaped everything—heart-shaped candy, heart-shaped cards, and more! Let's explore the amazing pump that is the heart.

Your heart is located in the middle of your chest, just a little to the left. It's about the size of your fist, but it's mighty powerful! In fact, the average heart pumps about 2,000 gallons of blood per day. That's enough to fill around 28 bathtubs!

Your heart needs a highway to carry blood all around your body. That's where blood vessels come in. Arteries are like highways that carry blood away from your heart, while veins are like roads that bring blood back to your heart.

Your blood is like a superhero, carrying oxygen and nutrients to every part of your body. It also picks up waste, like carbon dioxide, and takes it back to your lungs to breathe out. So, every time your heart beats, it's like a superhero saving the day by delivering goodies and cleaning up the mess. How cool is that?

But just like any superhero, your heart needs some love and care too. Eating healthy foods, staying active, and getting plenty of rest are all ways to keep your heart happy and strong. Remember to give it some love and appreciation, and it will keep beating strong for years to come!

[Learn More!](#)



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