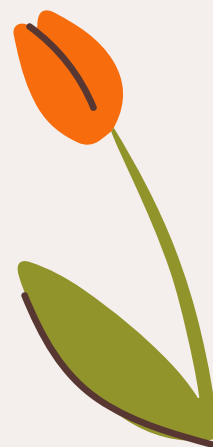




AMITY MEDICAL GROUP

# MONTHLY NEWSLETTER



APRIL

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## Spring has sprung!

Have you stopped and smelled the flowers? Or enjoyed a stroll outside in the beautiful spring air? Our weather has been wonderful lately and confusing—some days it feels like spring has finally sprung; you can practically see the yellow aura of pollen hovering in the air. Other days, it feels more like winter has returned, and the sharp wintry chill has paid us a visit again. With all these environmental changes, it is likely you have experienced your sinuses protesting the vast change in weather from daytime to nighttime, swollen itchy eyes, runny nose, scratchy throat, or skin irritation. You do not need to suffer or write it off; sometimes allergies come up later in life even if you did not previously experience them. If you are experiencing allergies and having a difficult time adjusting to the spring, come in and see us. We can evaluate what is going on and hopefully make it so that you too can go on a relaxing stroll in the spring weather! In the meantime, take care of yourself, soak up the warm weather and sun when it visits, and remember to smell the flowers and slow down.

-Amity Medical Group



### Upcoming Events

✦ APRIL 18<sup>TH</sup> - AMITY  
MEDICAL GROUP X  
OURBRIDGE  
HEALTH SCREENING  
EVENT.  
PRIVATE EVENT

# March Reflections

March was an eventful month for us, we participated with our community partners at the bulb and participated in one of their community food markets! We love to support our partners, especially partners that have such wonderful missions like the bulb.

## COMMUNITY PARTNER HIGHLIGHT

The Bulb is a Charlotte-based nonprofit dedicated to increasing access to fresh, affordable, and culturally relevant food. They rescue surplus produce and redistribute it through community markets, helping reduce food waste while supporting families in need. The Bulb also creates welcoming spaces where neighbors can gather, share resources, and build stronger community connections. Be sure to scan the QR code to learn more and visit one of their local markets!



## THE BULB MARKET



Amity Medical Group staff working at the bulb market!

## DID YOU KNOW WE HAVE A PODCAST? CHECK OUT BEYOND THE CHART ON SPOTIFY!

Check out Episode 5: "Working Together: Bridging Patients to Essential Resources"

