 Themes of the week will include:

- **Preventive Health Care Day**  
  *Monday, August 7*  
  Education on preventive care and managing chronic health conditions

- **Patient Appreciation Day, Part One**  
  *Tuesday, August 8*  
  Information about PHMC’s services and programs

- **Staff Appreciation Day**  
  *Wednesday, August 9*

- **Patient Appreciation Day, Part Two**  
  *Thursday, August 10*  
  Hygiene and first aid kits

- **PHMC Day**  
  *Friday, August 11*  
  Food, fun, and information about PHMC’s health and wellness resources

Visit **PHMC Health Center on Cedar** for resources and information on health and wellness! Food and giveaway items will be provided.