

AFC URGENT CARE NEWSLETTER

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Why Choose AFC Urgent Care Instead of the ER?

Urgent care is distinct from emergency care. Urgent care centers are same-day clinics that address a range of medical issues requiring immediate attention, though they are not classified as emergencies. Urgent care is also significantly cheaper than typical emergency rooms. Urgent care also helps alleviate pressure on emergency rooms, reserving them for the most critical cases.

February 7th
Wear Red Day!

WE OFFER
EKG TESTING

at AFC Urgent Care



February is Heart Health Month!

Heart Health Month, observed every February, is a crucial opportunity to raise awareness about the importance of cardiovascular health and the steps we can take to protect it. Heart disease remains the leading cause of death worldwide, yet many of its risk factors are preventable through simple lifestyle changes. By focusing on maintaining a balanced diet, staying active, managing stress, and avoiding smoking, we can reduce our chances of developing heart-related issues. This month serves as a reminder that taking care of our heart is not just about preventing illness, but about enhancing our overall well-being and vitality. Small changes, such as walking more, eating heart-healthy foods, and prioritizing mental wellness, can make a significant impact. Together, we can empower each other to live healthier, longer lives and create a future where heart disease is no longer a leading cause of suffering. Heart Health Month inspires us all to take action today for a healthier tomorrow.

We provide a wide range of medical services, including pediatric urgent care, sports physicals, in-house laboratory testing, EKGs, flu shots, STD testing, X-rays, injury treatment, COVID-19 testing, flu and strep tests, DOT physicals, occupational medicine, work-related injury care, and much more!

Celebrating Black History Month



Black History Month, celebrated every February in the United States, is an important occasion to reflect on the profound contributions and achievements of Black individuals throughout history. It was first officially recognized in 1976, during the United States Bicentennial, but its roots go back to 1926, when historian Carter G. Woodson initiated Negro History Week to promote the study of Black history and culture. This month serves not only to honor the legacies of iconic figures like Harriet Tubman, Martin Luther King Jr., Langston Hughes, and Thurgood Marshall but also to highlight the ongoing struggles for racial equality and justice. Black History Month encourages education, awareness, and a broader understanding of how Black Americans have shaped, and continue to influence, all aspects of society, from politics and science to art and social movements. It is a time to reflect on the past, celebrate progress, and commit to furthering equality for future generations.

World Cancer Day: February 4th

World Cancer Day is a powerful reminder of the resilience of the human spirit in the face of adversity. Observed on February 4th each year, it serves as a global call to action, uniting people from all walks of life in the fight against cancer. This day encourages hope, awareness, and education, inspiring individuals to share their stories, support one another, and raise their voices for those affected by this disease. It is a time to honor the strength and courage of patients, survivors, and their families, while also recognizing the tireless work of healthcare professionals and researchers. Together, we can take meaningful steps toward prevention, early detection, and ultimately, finding a cure.

Ramadan Begins February 28th

Ramadan, the ninth month of the Islamic lunar calendar, is the holiest month for Muslims. Fasting during Ramadan is one of the Five Pillars of Islam, where Muslims abstain from food, drink, smoking, and marital relations from dawn until sunset. The fast begins with suhoor (a pre-dawn meal) and ends with iftar (the evening meal). Ramadan is also a time for increased devotion, with Muslims engaging in additional prayers, including Taraweeh, and reciting the Qur'an. Charity is central during Ramadan, with Muslims paying Zakat (obligatory charity) and giving sadaqah (voluntary charity) to help the needy. The month culminates with the celebration of Eid al-Fitr, a joyous occasion marked by prayers, feasting, and giving gifts.

