like family!

County neighbors have access to high-quality health care. through your support, we annually to help those in need and critical projects not covered by other funding sources. through our Valley's Greatest Needs fund provides vital resources, including patient assistance funds (nearly $25M disbursed)

Valley's Greatest Needs fund

Systems U.S.A, Marvelle Southcenter, Physicians, Chateau at Valley Center, FUJIFILM Medical

Thanks Sponsors & Golfers FORE

Learn more about our new primary care providers board-certified in either family medicine or internal medicine.

Clinic South, are welcoming new primary care providers

Hats, Quilts and Books Have

What Do Hats, Quilts and Books Have impacts of COVID-19, and tips on how to build and maintain those with autism spectrum disorder, deal with the emotional

Return to School?

Extra Help with Self Care as They

Does Your Child or Teen Need Some

your time together

Check your child's understanding? There's nothing wrong with these questions, related hormone changes?

Valley Midwives: Providing Lifetime

nursing care facility because they are no longer able to care

You Have a Fall

Learn more about Regeneron treatment

Contact your primary care provider for a treatment referral.

extra side effects are rare. The most common reactions to the vaccines are:

1. Pain, redness or swelling at the injection site
2. Headache
3. Fatigue
4. Muscle pain
5. Chills
6. Tiredness

For more information about the COVID-19 vaccine, please visit the CDC's website at:


Get Your Flu Shot—Be Prepared for

An Early and Potentially More Severe

If you, your family or friends are concerned about COVID-19 Info?

Looking for COVID-19 Vaccine Safety

What if I don't have symptoms of COVID-19, but need a test? If you are having trouble reading this email,

If you have questions about COVID-19, please contact your primary care provider or local public health department.

Get current and reliable COVID-19 info from UW Medicine experts. Trouble joining? Contact

Community Conversations: Straight Talk about COVID-19

The “No Questions for 10 Minutes” Challenge—Improve Your Playtime

dates related to COVID-19, the flu shot is safe to get at

what to do when you have to go

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