

July
EDITION

THE TRUMPET



FORTIS HEALTHCARE

REVIVE THE STRENGTH WITHIN YOU

Benefits of VITAMIN D

CELEBRATE YOUR HEALTH THIS INDEPENDENCE DAY!

Red, White & Blue aren't the only things that shine this July—your health can too! ❤️💙💜

SUN BENEFITS OF VITAMIN D SUN



SUPPORTS STRONG BONES

Helps your body absorb calcium for healthy bones and teeth.



SUPPORTS MUSCLE STRENGTH

May help improve muscle function and reduce the risk of falls.



PROMOTES HEART HEALTH

Vitamin D plays a role in supporting cardiovascular wellness.



PROMOTES MOOD & WELL-BEING

Healthy Vitamin D levels have been linked to improved mood and overall wellness.



BOOSTS IMMUNE FUNCTION

Helps your immune system stay strong and ready to defend against illness.



SUPPORTS ENERGY LEVELS

Low Vitamin D levels can contribute to fatigue and low energy.



FUN JULY REMINDER



Spending a little time outdoors can help your body naturally produce Vitamin D, but remember to protect your skin with **sunscreen** and **stay hydrated** during the Texas summer heat!



July is Your Month: What's the deal with Vitamin D?

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FORTIS HEALTHCARE

July 2026

DISCLAIMER: All material provided in this newsletter is for information only and should not be taken as personal medical advice. No action should be taken based solely on its content. Readers should consult with the appropriate healthcare professional. The publisher is not engaged in the practice of medicine and does not enter into a healthcare doctor/patient relationship with its readers.



HYDRATION, SUN & SKIN HEALTH

This 4th of July

★ CELEBRATE INDEPENDENCE DAY SAFELY! ★



Whether you're enjoying a backyard BBQ, watching fireworks, or spending time outdoors with family and friends, **don't forget to take care of your health this holiday weekend!**



STAY HYDRATED

Summer heat can quickly lead to dehydration. Drink plenty of water throughout the day, especially if you're spending time outside.



PROTECT YOUR SKIN

Apply broad-spectrum sunscreen (SPF 30 or higher), wear sunglasses, and seek shade when possible. Reapply sunscreen every 2 hours and after swimming or sweating.



EAT HYDRATING FOODS

Watermelon, strawberries, cucumbers, and other fresh fruits and vegetables can help keep you hydrated while providing essential nutrients.



WATCH FOR SIGNS OF HEAT EXHAUSTION

Dizziness, headache, excessive sweating, nausea, and fatigue can be signs that your body needs a break. Move to a cool area and hydrate immediately.



ENJOY THE HOLIDAY RESPONSIBLY

A little prevention goes a long way toward making your Independence Day fun, safe, and healthy!



★ ★ ★ STAY SAFE. STAY COOL. STAY HEALTHY. ★ ★ ★

♥ ♥ ♥ *Happy 4th of July!* ♥ ♥ ♥

July RECIPE

Berry & Peach SUMMER SALAD

A fresh, colorful salad that celebrates the best of July—juicy berries, sweet peaches, and crisp greens!



INGREDIENTS

- 4 cups mixed greens (spinach, arugula, or spring mix)
- 1 cup strawberries, sliced
- 1 cup blueberries
- 2 ripe peaches, sliced
- 1/3 cup crumbled goat cheese
- 1/4 cup pecans, toasted

For the Dressing:

- 3 tbsp olive oil
- 1 1/2 tbsp balsamic vinegar
- 1 tsp honey
- 1/2 tsp Dijon mustard
- Salt & black pepper to taste

INSTRUCTIONS

- 1 In a large bowl, add the mixed greens.
- 2 Top with strawberries, blueberries, peach slices, goat cheese, and pecans.
- 3 In a small bowl, whisk together olive oil, balsamic vinegar, honey, Dijon mustard, salt, and pepper.
- 4 Drizzle the dressing over the salad and toss gently to combine. Serve immediately and enjoy!

Serves
4

JULY TIP

Use fresh, in-season produce for the best flavor and color!



WHY YOU'LL LOVE IT



Light &
Refreshing



Packed with
Vitamins



Quick &
Easy

Celebrate July with fresh flavors and simple ingredients!

♡ Eat well. Enjoy summer. ♡

Let's Celebrate! ★

MICHAEL'S SILVA

1 YEAR

AS NP!

JOIN US AS WE CELEBRATE

one year of dedication, compassion,
and care in the community!

1 YEAR OF CARE



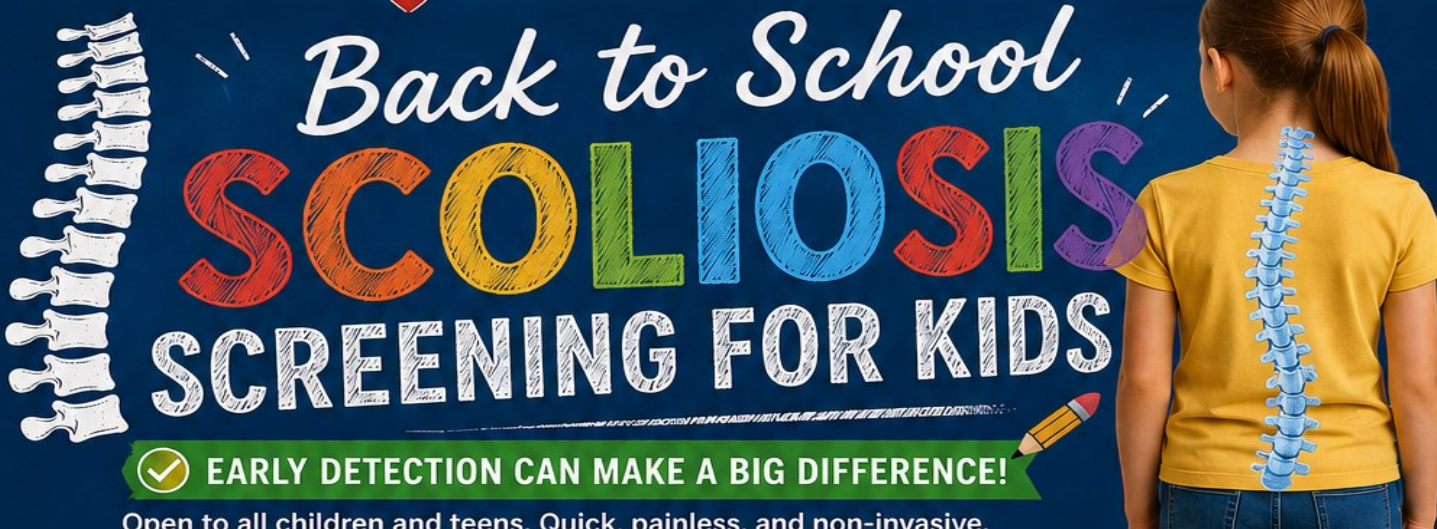
Back to School

SCOLIOSIS

SCREENING FOR KIDS

✓ **EARLY DETECTION CAN MAKE A BIG DIFFERENCE!**

Open to all children and teens. Quick, painless, and non-invasive.




WHO?

Children and
teens (ages 6–18)
All are welcome!



WHAT?

Scoliosis screening
to check for
spinal alignment



WHY?

Early detection
can help prevent
future complications



FRIDAY
JULY 24, 2025



9:00 AM –
12:00 PM



8428 Bandera Rd
San Antonio, TX 78250

★ **CELEBRATE. CARE. SUPPORT OUR KIDS.**
★ **WE CAN'T WAIT TO SEE YOU!** ★

Here's to the next
CHAPTER!



*Healthy
backs.
Bright
futures.*



August SNEAK PEEK

This August, we're focusing on **health, wellness, and community.**



NATIONAL WELLNESS MONTH

Focus on self-care, stress management, and healthy routines.



BACK-TO-SCHOOL MONTH



SCOLIOSIS AWARENESS
and posture checks



SPORTS PHYSICALS
and injury prevention



BACKPACK SAFETY TIPS
for a healthy school year



PURPLE HEART DAY

★ AUGUST 7 ★



Honoring service members
wounded or killed in combat.

**Thank you for your service
and sacrifice.**

NATIONAL SENIOR CITIZENS DAY

♥ AUGUST 21 ♥

A great opportunity to
highlight healthy aging and
regenerative medicine options.



STAY ACTIVE



LIVE PAIN-FREE



REGENERATE &
THRIVE