

THE TRUMPET

September
EDITION



FORTIS HEALTHCARE
REVIVE THE STRENGTH WITHIN YOU



Celebrating
14 YEARS
OF EXCELLENCE

DR. SHANNON BALLARD

For the past 14 years, Dr. Ballard has been dedicated to improving the health and well-being of our community through personalized care focused on relieving pain, restoring function, and helping patients return to the activities they love.

THANK YOU
14 YEARS
OF DEDICATION
& CARE



Compassionate care
for every patient



Relieving pain,
restoring function



Helping you return
to the activities
you love



At **Fortis Healthcare**, we're grateful to have Dr. Ballard as part of our multidisciplinary team, working together to provide comprehensive care tailored to each patient's unique needs.



Please join us in congratulating Dr. Shannon Ballard
on this remarkable achievement and thanking her for
14 years of dedication, expertise, and outstanding patient care!



Happy 14th Anniversary, Dr. Ballard! ❤️

September is Your Month: Preventive

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FORTIS HEALTHCARE
REVIVE THE STRENGTH WITHIN YOU

September 2026

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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.

SEPTEMBER Newsletter

Simple tips for a healthier, happier you.



HEART HEALTH AWARENESS

Small choices
today can protect
your heart for life.



Know Your Numbers

Monitor blood pressure,
cholesterol, and
blood sugar.



Stay Active

Aim for 150 minutes
of moderate activity
each week.



Eat Heart-Healthy

Choose whole foods,
fruits, vegetables,
and healthy fats.



Don't Smoke

Quitting is one of the
best things you can do
for your heart.



HEALTHY AGING & PREVENTIVE CARE

Take care of your health
today to enjoy tomorrow.



Schedule Regular Check-Ups

Routine visits help
catch problems early.



Stay Up to Date on Screenings

Screenings can detect
health issues early
when treatment works
best.



Keep Your Mind Active

Stay mentally sharp with
puzzles, reading, hobbies,
and social connections.



FALL PREVENTION TIPS

Simple steps can help you
stay steady and independent.



Keep Your Home Safe

Remove clutter, secure
rugs, and ensure good
lighting.



Wear Supportive Shoes

Choose non-slip,
well-fitting footwear.



Build Strength

Regular exercise improves
balance, strength, and
flexibility.



Use Assistive Devices

Canes or handrails can
provide extra stability
when needed.



MONTHLY REMINDER



Listen to Your Body

Don't ignore signs of pain,
fatigue, or changes in
your health.



Plan for Preventive Care

Schedule appointments
and screenings now so
you stay ahead.



You're Not Alone

Lean on family, friends,
and your healthcare team
for support.

Here's to your health this September! ♥



NUTRITION



MOVEMENT



WELLNESS



PREVENTION



SEPTEMBER

Harvest Turkey & Sweet Potato Skillet

A COLORFUL, PROTEIN-PACKED
ONE-PAN MEAL THAT'S PERFECT
FOR COOLER FALL EVENINGS. ❤️



INGREDIENTS

- 1 lb lean ground turkey
- 2 medium sweet potatoes, peeled and diced
- 1 red bell pepper, chopped
- 2 cups fresh spinach
- ½ small onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme
- Salt and black pepper to taste



DIRECTIONS

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Cook the onion and garlic until fragrant.
- 3 Add the ground turkey and cook until browned.
- 4 Stir in the diced sweet potatoes, bell pepper, paprika, garlic powder, thyme, salt, and pepper.
- 5 Cover and cook for 12–15 minutes, stirring occasionally, until the sweet potatoes are tender.
- 6 Add the spinach and cook for 2–3 minutes until wilted.
- 7 Serve warm and enjoy!

*One Pan
Easy Clean Up
Big Flavor!*

— ➤ WHY IT'S GOOD FOR YOU ⚡ —



SWEET POTATOES

are rich in fiber, vitamin A, and potassium.



LEAN TURKEY

provides high-quality protein to support muscle health.



SPINACH

offers iron, folate, and vitamins A and C.



OLIVE OIL

contains heart-healthy monounsaturated fats.



EVERYTHING COOKS IN ONE PAN

for easy cleanup!



WELLNESS TIP

Eating plenty of colorful vegetables helps provide antioxidants that support your immune system and overall health as we head into the fall season.

NUTRITION (PER SERVING)



CALORIES
~360



PROTEIN
28 g



FIBER
6 g



HEALTHY FAT
14 g



CARBS
28 g



❤️ A HEART-HEALTHY, NUTRITIOUS MEAL TO FUEL YOUR BODY AND ENJOY THE SEASON! ❤️

September

DATES TO REMEMBER



September 7 (Monday)

LABOR DAY

Office will be closed.



September 11 (Friday)

PATRIOT DAY
AND NATIONAL DAY OF
SERVICE AND REMEMBRANCE

We will never forget.

9 | 11
WE REMEMBER



**NATIONAL
CHILDHOOD OBESITY
AWARENESS MONTH**

Promoting healthy habits, active lifestyles,
and brighter futures for our children. ❤️



Thank you for being part of our healthy community! ❤️

October NEWSLETTER

Sneak Peek

GREAT
THINGS
COMING
SOON!

Fall into better health this October!



BREAST CANCER AWARENESS MONTH

Early detection can
save lives. Stay
informed. Get screened.



SPINA BIFIDA AWARENESS MONTH

Support. Advocate.
Include. Together, we
can make a difference.



CHIROPRACTIC HEALTH MONTH

Healthy spine.
Healthy body.
Better quality of life.



STEM CELL THERAPY

Regenerate.
Restore.
Reclaim your life.

LIMITED TIME OFFER!



FALL HEALTH & WELLNESS TIPS

Tips for staying
active, eating well,
managing stress,
and enjoying the
season!

Stay tuned for our
OCTOBER NEWSLETTER!