

UPTOSPEED

In This Issue:

- ◆ When To Use Urgent Care ◆ Sleep Matters
- ◆ Common Winter Illnesses in Kids ◆ Understanding Diabetes



Help in a Pinch: When To Use Urgent Care

When you have an unexpected injury, feel unusual pain, or if you recognize the onset of cold or flu symptoms outside normal doctor's office hours, one question often arises: Where should I go to get assessed?

[Learn More](#)



Why Good Sleep Matters



**Common Winter Illnesses
in Children and How to
Prevent Them**



**Understanding Diabetes:
Types, Symptoms and
Management Tips**

Need a doctor? Just walk in.

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