



Words Of
Wellness

Sun Safety

July 2021

July is UV safety month! While it is beneficial to spend time in the outdoors, it's also important to be kind to our skin. Did you know that skin cancers account for nearly half of all cancers in the United States? If you notice that you have changes in a mole (scaliness, oozing or bleeding), the spreading of pigmentation past the edge of a mole, or any itchiness, tenderness, or pain of your moles, be sure to schedule an appointment with your provider or dermatologist.

Prevention Tips:

- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- When outdoors, reapply sunscreen every two hours, or after swimming or sweating.
- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.



Meet Kyle, our new Physical Therapist Assistant!

My name is Kyle Harvey, I've spent the last 15 years studying and practicing in healthcare; everything from personal training & holistic health, to massage therapy, structural integration/Rolfing, athletic training, and physical therapy. I love what I do and couldn't think of doing anything else. I love hiking, mountain biking, golfing, and anything else outdoors. I'm a big proponent of individualized care that's focused towards addressing the root cause of pain & dysfunction to help people return to the activities that they love.

Join Us For:

Motivated Monday's!

12PM-12:30PM

7/19 Gut Health/ Eating Well

7/26 Stress/ Emotional Wellbeing

8/2 Creating A Wellness Vision
for the Fall

RSVP:

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In Person Visits Are Now Available For:

Most medical appointments*
Condition Management RN Coach
Wellness Coach
Behavioral Health Therapist
Physical Therapy

Please call Granite Wellness Center to
schedule an in-person visit.

Telehealth and Virtual (video) appointments are still also
available for most services.

Masks are required for entry to the Wellness Center.

*Patients needing care for upper respiratory problems and/or
COVID will be scheduled for Telehealth or Virtual (video) first.

COVID testing and vaccines are currently not available at the
wellness center.

The Granite Wellness Center
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801-964-9355

"Believe you can, and you're halfway there."
-Theodore Roosevelt

