

Date	Topic
04.18.2026	Weight loss Drugs- pros and Cons
04.25.2026	Preparing for summer- Medicine and labs
05.09.2026	Herpes Zoster and TDap Vaccine in Adult patient
05.23.2026	Long travels with chronic medical problems
06.06.2026	Dental Care: and Life style disease : Dr Chaitanya Raval DDS
06.20.2026	How to prevent Heat related illness.
07.04.2026	No walk due to National Holiday
07.18.2026	Back to School Physical: Dr Kshitij Bhalani (Pediatrician)
08.01.2026	Diabetic disease and Foot care
08.15.2026	Skin Disease awareness
08.29.2026	Essential Hypertension and Congestive heart Failure
09.12.2026	Are you upto date on your Vaccines? flu, pneumoa and many more
09.26.2026	Mental health illness: Depression and Anxiety
10.10.2026	Breast Cancer Awareness; Mammogram and other test
10.24.2026	How to choose Insurance Plan:
11.07.2026	Discuss health with Family; Advance Care planing.
11.21.2026	Alzeimer's disease: discussion and care support
12.05.2026	Is your annual check up done yet ?
12.26.2026	No Walk- long weekend
01.09.2027	Thyroid disease and affect on life style
01.23.2027	Pap smear and women's health awareness
02.06.2027	Myocardial infarction and Prevention
02.20.2027	Screening for Various Cancers: PreventionEarly detection and Treatment
03.06.2027	Preparing for spring: Seasonal allergies
03.20.2027	Colorectal Cancer Awareness: Cologuard and Colonoscopy
04.03.2027	Chronic kidney disease awareness: guest speak Nephrologist