

Keeping you connected to important health updates, upcoming classes and helpful resources



## How to prepare for the un-masking of California



From the desk of Nirav K. Shah, M.D., Sr. Medical Director

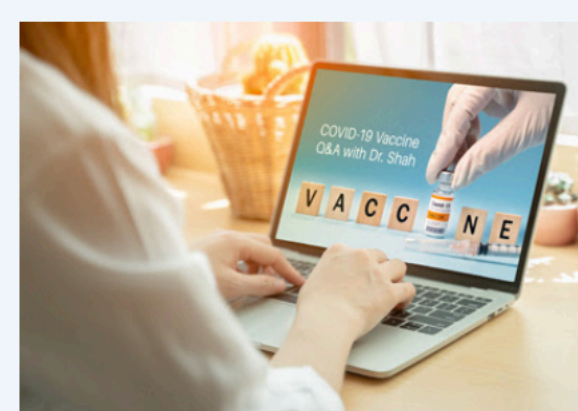
**The U.S. recently reached a milestone with the COVID-19 pandemic as 60% of American adults have gotten at least one dose of the coronavirus vaccine. And, over 4 million young people ages 12-17 have also received their first dose. While this is a positive step, some are faced with the uncertainty and hesitation concerning the new guidelines on wearing face masks.**

According to guidance from the Centers for Disease Control and Prevention (CDC), Americans who are fully vaccinated no longer need to wear a mask or practice social distancing. However, some cities and states including California have not been as quick to abandon mask requirements. While you can be outdoors without a mask (except if attending a crowded event), California plans to keep its mask mandate for indoor activities in place through June 15th. This additional time is designed to help Californians prepare for the change and focus on delivering vaccines to those who have yet to get vaccinated.

If you are already vaccinated, you may be able to start doing things that you stopped doing during the pandemic. You might also find this transition becomes easier as you feel more comfortable in participating in the things that are important to you. Just remember to continue to be mindful of risks that still might exist and take safety precautions as you see fit to protect yourself and others.

For the most current COVID-19 updates as we continue to make progress facing the pandemic, please visit:

- [CDC Vaccine Recommendations](#)
- [Covid19.ca.gov](#)
- [CDC Covid Risk](#)



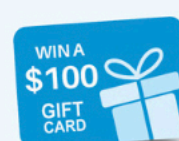
### JOIN MY VIRTUAL PRESENTATION ON COVID-19

Thursday, June 10, 2021  
12:00 p.m. – 1:30 p.m.

During this presentation I will be sharing important vaccine updates and everything you will need to know as we prepare for June 15th reopening. We will also have a Q&A discussion to address your questions and concerns.

RSVP TODAY!

Attendees will have a chance to enter into a free raffle to win one of three (3) \$100 gift cards.



**This month we shine the spotlight on men's health and the importance of getting an annual wellness exam. Staying healthy and preventing illness benefits more than just the men. It can also have a significant impact on the lives of their families and loved ones.**

During the month of June, we focus our attention to increase awareness in recognizing and preventing men's health problems early on. Prevention is key to help keep the men in our lives happier and healthier today, and for years to come.

**Join us on June 18th as we observe Wear Blue Day!** This day helps to promote men's health by encouraging men to get regular checkups, make healthier choices, stay active, quit smoking, and take care of their overall health – for themselves and for their families.

For more information on men's health and how to get started on your healthcare journey, please visit:

- [MyHealthfinder Men: Take Charge of Your Health](#)
- [Blueprint for Men's Health: A Guide to a Healthy Lifestyle, 2nd Edition](#)



Join health educator and fitness expert Harry Verni for this virtual class that focuses on strengthening and toning the entire body. It will begin with a 5-10 minute introduction about the benefits of exercising. An exercise warm up occurs, followed by resistance training activities using resistant bands, medicine balls, and body weight. Balance activities and a cool down stretch follow. It ends with a 5-10 minute period of questions and answers.

For more information, please call Maggie at (888) 719-2295 or by email at [myang@regalmed.com](mailto:myang@regalmed.com).

**Saturdays, June 12, 19, and 26**  
9:00 a.m. – 10:00 a.m.  
Virtual webinar

RSVP Today!

## Coffee Up! Join Our Virtual Social Coffee Club

Thursday, June 24  
1:30 p.m. – 2:30 p.m.

Join our free monthly coffee club where members can participate in discussions about health and wellness in a casual environment while sharing their feedback and suggestions. There will be fun virtual activities with chances to win some great prizes.

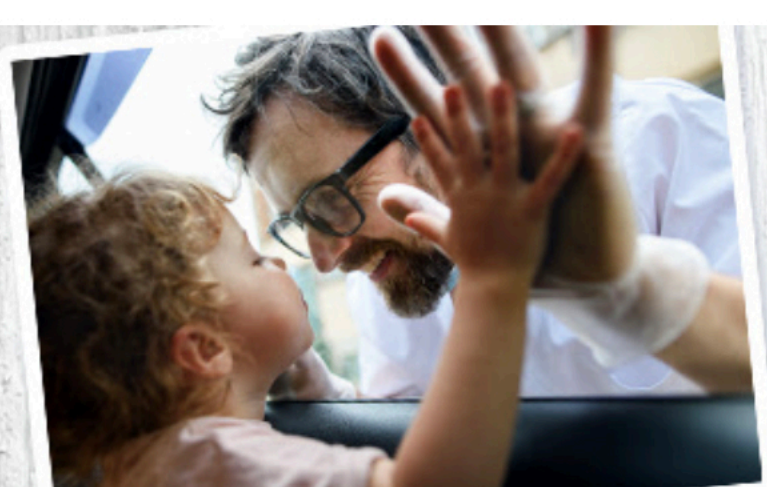


The first 10 people to RSVP and attend the virtual event will receive a free bag of whole bean coffee!



RSVP Today!

For more information, please call Nelly at (877) 777-6589 or by email at [zlng@regalmed.com](mailto:zlng@regalmed.com).



## Dads, we celebrate you on Father's Day

Since the beginning of the COVID-19 crisis, the role of "dad" might have taken many different turns. Fathers everywhere had to adjust to support and provide for their families and loved ones during some difficult times. As we reflect on what's behind us, we cannot help but be inspired by the strength and devotion that the men in our lives have shown us. Their courage has taught us to become that much more resilient to the challenges ahead of us.

We especially want to acknowledge the sacrifices made by our frontline healthcare workers – our doctors, nurses, medical assistants, specialists, first responders, public health workers, and those who dedicate each day to keeping all of us healthy and safe.

This Father's Day, we honor these everyday heroes – our fathers, grandfathers, and father-figures who have helped to shape our lives for the better and, in their own special way, have taught us the art of survival.

**Dads, we thank you and appreciate all that you do, and wish you continued great health and happiness.**



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