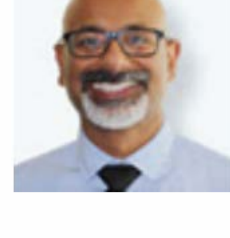


Keeping you connected to important health updates, upcoming classes and helpful resources



Each CA school district to decide on back-to-school mask requirements



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

The new school year is quickly approaching with students returning to the classrooms for in-person learning. In California, students (K – 12) and teachers may begin the school year wearing masks dependent upon the individual school district's standards and guidelines and those provided by the Centers for Disease Control and Prevention (CDC). K-12 students with disabilities who cannot manage masks or who cannot wear masks safely while on campus will be provided an alternate form of education determined by their school district.

Schools will be required to provide masks as needed. School bus drivers and all passengers must wear a mask on school buses, including on buses operated by public and private school systems. State officials suggest this approach will create a calmer and more supportive school environment to ensure the safety of everyone. The CDC and the state of California recognize that many students at every grade level will start the school year unvaccinated. Those under 12 are not yet eligible for vaccinations. Many of those 12 and older have not received shots; they cannot be required to do so because the vaccines have not completed the full federal authorization process. So far, more than half of California youth 12 years and older have received at least the first dose of the COVID-19 vaccine. State and federal governments are hoping to increase these numbers before school starts to prevent further transmission of the virus. While overall infection and positive COVID-19 cases are far below what they were at the height of last winter's peak, the risk for COVID-19 exposure and infection continues as a number of Californians remain unvaccinated. With the threat of the more transmissible Delta variant, there is a renewed urgency to get all eligible Californians – children and adults - vaccinated as quickly as possible.

For additional information on mask requirements:

- Contact your child's school or local school district
- Visit the California Department of Public Health website
- Visit the CDC website

Mask up, L.A.!

The mask mandate is once again in effect throughout Los Angeles County beginning Saturday, July 17.

The continued threat of the coronavirus spreading among unvaccinated people along with the presence of the highly infectious Delta variant forced L.A. County health officials to quickly reinforce the wearing of masks. All residents are required to wear masks indoors in public places regardless of their vaccination status. For now, this ruling only affects L.A. County, however mask mandates are constantly evolving.



To check the mask requirements for your specific county, please click [here](#).

A lighter vacation - how to keep the pounds down



Now that more people are being vaccinated, vacation destinations have slowly started to open up their doors to welcome happy travelers. Some of you may already be planning some much needed time off for a little rest and relaxation, and we sure know you deserve it!

For those who have to be more careful about their health and what to eat, it's sometimes difficult to remember how to maintain this while away from home. So, here are some simple tips to help guide you while you travel so that you can spend your time enjoying the moment while still feeling your best.

- If stocking up the rental house or cabin, buy only the food you will need. Don't overstock on unhealthy snacks.
- Put a limit on alcohol consumption. Ask yourself – do I really need another cocktail?
- Enjoy fruit for dessert. Seasonal, tropical fruit can be a healthy and refreshing treat.
- Move more. Take advantage of a daily walk on the beach or enjoy a bike ride while sightseeing.
- Split some meals. If you want to make room for ice cream, eat less at lunch and dinner. Try ordering lower-calorie/low-sugar dessert options, if available.
- Don't smoke (Want to quit & stay quit? CDC.gov/quit can help.)



For a complete list on how to stay healthy and safe while traveling, click [here](#).

Honey, don't forget your lunch!



As California kids begin their school year for in-person learning, we imagine time will be even more important as you prepare to get the kids ready for school in the morning.

To help you during this busy time, we found this quick, healthy, yummy and affordable snack to include in their lunch boxes. It's so easy, kids can help create them to include into their lunch for a good start to their school days! And they are packed with protein and calcium. They are so yummy that we wouldn't blame you if you kept a few for yourself. So, check this healthy snack off your list and breathe. You've got this.

Honey Milk Balls

Ingredients

- 1/4 cup honey
- 1/4 cup peanut butter
- 1/2 cup dry milk, non-fat
- 1/2 cup cereal (crushed)

Preparation

1. Mix honey and peanut butter.
2. Gradually add dry milk and mix well.
3. Put in fridge and chill for easier handling.
4. With greased hands, form into small balls.
5. Roll in crushed cereal flakes.
6. Chill until firm.
7. Refrigerate leftovers within 2 hours.

To watch a step-by-step video on how to make this recipe, [click here](#).

Source: myplate.gov



Why not try our virtual class on Aerobics & Stretching!

Join health educator and fitness expert Harry Verni for a virtual aerobics and stretching class where you will learn ways to form healthy routines. This 30-minute session focuses on cardiovascular and muscular benefits that target the entire body.

Please note that your last chance to RSVP for this virtual event will be 12 hours before the start of this class.

Call (888) 719-2295 or email Maggie Yang at myang@regalmed.com for questions.

Join us
Monday, August 9
1:00 p.m. - 1:30 p.m.

[RSVP Today!!](#)

38th Annual National Night Out

Good times are happening at the 38th Annual Night Out

Spend a fun evening with us at the 38th Annual Night Out – a community party held at Miller Park Amphitheater located at 17002 Arrow Blvd. in Fontana! Come and meet some of Fontana's finest from the Fontana Police Department as they help to promote Neighborhood Watch, police-community partnerships and provide resources to encourage safer neighborhoods by joining together to fight against crime.

Don't forget to stop by our booth for health and wellness resources, meet a local doctor and have your health benefits reviewed by a licensed Aetna insurance agent.

No need to RSVP. Bring the family, wear your masks and we'll see you there!

Join us
Tuesday, August 3
from 5:00 p.m. - 8:00 p.m.

Plus, free food, drinks and a chance to win great prizes and free giveaways!

Enter our Grandparents Day photo contest!



Grandparents Day is on Sunday, September 12. To help us recognize this very special day we are hosting a fun photo contest. It's also a chance for you to give a shout-out to the amazing people in your lives.

If you are a grandparent or a grandchild of an amazing grandparent, please send us your photo along with a short caption to let us know what you love most about your grandparents or grandchildren. Email this to us at Marcom@RegalMed.com with the subject of "Grandparents Day contest". Two lucky winners will be chosen and notified via email. Each winner will receive a \$20 gift card along with the option of being included in our September newsletter.

You are receiving this because you previously shared your email with us, indicating you would welcome information on health related updates and events from Regal, Lakeside and ADOC Medical Groups. If you no longer want to receive this type of communication, please click the unsubscribe link below.



[Privacy Policy](#)

[Update Profile](#) | [Manage Preferences](#) | [Unsubscribe](#)

This email was sent by: Regal Medical Group
8550 Balboa Blvd, Northridge, CA, 91325 US