

# FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

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

*Ready for game day?*

## These healthy March Madness appetizers are a *slam dunk!*

During this year's March Madness tournament, let's not only cheer for our favorite college basketball teams but also focus on healthy game day snacking. Here are some special appetizer recipes that are sure to become family favorites while also helping you maintain your health goals. So, as you passionately cheer for your team, make sure your nutrition is in check, allowing you to focus on important victories both on and off the court.

- Bell pepper poppers: [click here for the recipe](#)
- Air fryer sweet potatoes: [click here for the recipe](#)
- Air fryer coconut shrimp: [click here for the recipe](#)

## NATIONAL Nutrition MONTH

## MARCH IS NATIONAL KIDNEY AWARENESS MONTH

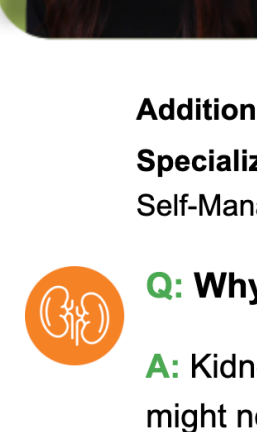


## It's National Nutrition Month and National Kidney Month

This month, we're celebrating National Nutrition Month and National Kidney Month, both important events promoting good health. Also recognizing that dietitians are nutrition experts, we've invited our Registered Dietitian Nutritionist, Christina Cha, to answer your questions about why nutrition is important and how it affects kidney health.



### Ask the Registered Dietitian Nutritionist



*"I believe most diseases can be prevented or reversed through eating the right foods, moving our bodies, getting enough sleep, and reducing stress."* – Christina Cha, RDN

**Christina Cha, RDN** Registered Dietitian Nutritionist & Clinical Health Educator

**Additional Language:** Korean      **Locations:** Burbank, North Hollywood  
**Specializations:** Prenatal Nutrition, Pediatrics, Weight Management, Hypertension, Diabetes Self-Management, Dyslipidemia, Renal Disease, Gout, Celiac Disease, Vegetarian Diets

- Q: Why is kidney disease often called the "silent disease?"**  
**A:** Kidney disease is often referred to as the "silent disease" because its symptoms might not show up until it's in advanced stages. Your kidneys can function with less ability for a long time without causing noticeable signs. When symptoms do finally show up, the damage to your kidneys might already be serious.
- Q: What steps can I take to be proactive in maintaining good kidney health?**  
**A:** To protect your kidney health, there are several steps you can take. Ensure you have regular doctor check-ups and blood tests, manage your blood pressure and diabetes, maintain a well-balanced diet, be aware of the medications you're taking, limit alcohol consumption, quit smoking, exercise regularly, and understand your family medical history. These steps help keep your kidneys safe from potential issues.

If you would like to reach out to Christina, please email [memberhealth@regalmed.com](mailto:memberhealth@regalmed.com).



## Join us for a Day of Beauty

20% off on Day of Beauty cosmetic services!

Treat yourself to a day of luxury, discounted cosmetic procedures, giveaways, and fun at our Lakeside location in North Hollywood! Meet our friendly staff and our certified nurse practitioner Jessica Wyner who will be providing beauty treatments.

- All cosmetic services are 20% off! Botox, chemical peels, microneedling (Rejuvapen), Morpheus8, skin tag and SK (seborrheic keratosis) removal, lentigo laser treatment and laser hair removal, and telangiectasia (removal of broken vessels)
- Free cosmetic consultation (a \$100 value).

Good health is feeling beautiful and radiant, inside and out. Don't miss it. Your Day of Beauty awaits!

**Wednesday, March 20, 2024 • 12:00 p.m. – 7:00 p.m.**  
 Lakeside Community Healthcare  
 12660 Riverside Dr., Ste. 225, North Hollywood, CA 91607  
 Free parking with validation

**RSVP TODAY! Call (818) 755-0265** to book your appointment. We look forward to seeing you there!



**Jessica Wyner, MSN, NP-C**  
 Jessica is a board-certified nurse practitioner who specializes in medical and cosmetic dermatology. She offers a variety of cosmetic procedures to help patients achieve their personal health and beauty goals.

## Let's celebrate International Women's Month & Join Our International Women's Day Luncheon

Help us celebrate the joy and power of women by recognizing the month of March as International Women's Month and honoring what makes women special in all that they do. To embrace aging gracefully while promoting good health and vitality, we're inviting senior women and a friend to join us for an International Women's Day Luncheon.

Enjoy a fabulous lunch, presentations on important health and lifestyle issues, health screenings, and fitness demonstrations, as well as raffle prizes and giveaways.

Experience a day of health, community, and empowerment with Regal and ADOC Medical Groups.

**Friday, March 8, 2024 • 11:30 a.m. – 2:30 p.m.**  
 Casa De Lago  
 1615 Lincoln Ave., Orange, CA 92865  
 This event is designed for women 55+.

Space is limited! Please RSVP by visiting [bit.ly/internationalwomensdayluncheon](https://bit.ly/internationalwomensdayluncheon). For assistance, please call Lauren Rodriguez at (657) 562-8050.

## Come and see what we're all about! Lakeside West Hills Open House

Don't miss your chance to meet our doctors and staff at our Lakeside West Hills Open House! It's an exciting opportunity to take charge of your health. This event is open to Lakeside members and the community.

- Free health screenings for ages 18+**  
 Blood pressure check, glucose test, body fat analyzer and BMI, DermaScan skin damage test, spirometry to test for COPD, Quantaflo (check for peripheral vascular disease), and pulse oximetry check
- Free cosmetic consult with Jessica Wyner, NP.**  
 (20% off on all cosmetic services!)
- Free goodie bags and raffle prize!**

**Saturday, March 16, 2024 • 8:30 a.m. – 1:30 p.m.**  
 Lakeside Community Healthcare  
 7325 Medical Center Dr., Ste. 300, West Hills, CA 91307  
 Free parking

To RSVP, simply click here or call the office at **(818) 595-3580**, Monday - Friday 8:00 a.m. - 5:00 p.m.

