

Saturday Hours

Dr. Waters is available one Saturday per month to see patients. Massage therapy is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our new scheduling app.

June 12th

July 10th

August 7th

June Wellness Workshop: Men's Health • Wednesday, June 23rd at 6:15pm

During this month's wellness workshop, Dr. Waters will be presenting information on low testosterone, prostate health, blood sugar balance, supporting your healthy heart and coping with stress.

Please follow this link for an important article on boosting testosterone naturally:

<https://www.medicalnewstoday.com/articles/322508>

Our Wellness Workshops are free and fun, and we encourage you to invite your family and friends to join in. Space is limited in the office, so we ask that you please RSVP with our Front Desk by calling (949) 586-2731 or by replying to this email. This class will be offered "live" at Waters Family Wellness as well as on Zoom.

Wellness Calendar

Please click [here](#) to download a Wellness Calendar for June. I encourage you to print this calendar out and use it daily to see what little changes you can do for your health.

Check-in Kiosk

Our office has resumed the use of our check-in kiosk. The kiosk allows us to capture important information for your appointment and creates a more streamlined experience when you arrive. The process is quick and easy, and we are looking forward to implementing the feature once again.

Scheduling App

Please use this [link](#) to download and use our Scheduling App.

Happy Father's Day and have a healthy month!

Waters Family Wellness