



SPRING INTO WELLNESS: FRESH TIPS FOR A HEALTHIER YOU

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Valley Integrated Urgent Care & Wellness Center is your trusted local healthcare provider. With a commitment to excellence, convenience, and community, we bring the highest standard of medical care to you. Visit us in our office or see our team via telehealth (video) call.

Schedule your in-person or virtual appointment today.

valleyucare.com
570.550.0870

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HEALTH CORNER

Why Urgent Care May Be the Safer, More Affordable Choice

When a health emergency strikes, the instinct for many is to head straight to the emergency room (ER). It's a space synonymous with immediate, lifesaving care—but it's also an environment increasingly plagued by challenges that can compromise patient and provider safety. For a growing number of non-life-threatening conditions, urgent care centers like Valley Integrated Urgent Care provide a more efficient, affordable, and secure alternative.

Why Choose an Urgent Care?

- **Shorter Wait Times:** Get treated within minutes, not hours.
- **Lower Costs:** Affordable, transparent pricing for services like X-rays, sutures, and lab tests.
- **Safer Environment:** A calmer setting with reduced exposure to illness and stress.

nausea, and more. For life-threatening issues like chest pain or severe injuries, the ER is still the best option.

At Valley Integrated Urgent Care, we prioritize quality care in a safe, welcoming environment—so you get the treatment you need without unnecessary stress.

Visit an urgent care for:

Flu, minor fractures, cuts needing stitches, ear infections, skin rashes, UTIs,

Scan the QR code to read the full article on valleyucare.com.



HEALTHY RECIPE

Asparagus & Goat Cheese Salad

A light, refreshing salad packed with the flavors of spring.

Ingredients:

1 bunch asparagus, trimmed and roasted
4 cups mixed greens
½ cup cherry tomatoes, halved
¼ cup crumbled goat cheese
2 tbsp lemon juice
2 tbsp olive oil
Salt and pepper to taste



Instructions: Roast asparagus at 400°F for 10-12 minutes until tender. Combine mixed greens, roasted asparagus, and cherry tomatoes in a bowl. Top with goat cheese, lemon juice, and olive oil. Season with salt and pepper and toss to coat. **Let us know if you give it a try!**



JOIN US FOR OUR GRAND OPENING MAY 18TH!

Celebrate with us as we mark the opening of our innovative healthcare center. After working hard for nearly a year to make sure that we can take most major insurances to best serve our community, we are finally ready for our ribbon cutting. Meet the dedicated team, tour the state-of-the-art facility, and learn more about the services designed to meet your healthcare needs.

It's also the perfect time to learn more about Amanda Aesthetics, where you can indulge in luxury aesthetic treatments using the highest-quality products and the latest advancements, tailored to reveal your most radiant, confident self. **We look forward to seeing you!**

SERVICE SPOTLIGHT: HORMONE REPLACEMENT THERAPY

Hormonal shifts can affect everything from mood and sleep to weight and energy levels. We provide hormone replacement therapy (HRT) for both women and men to help restore balance and reclaim vitality.

Wondering if hormone therapy might be right for you? Here are some of the symptoms we can help address:

- Hot flashes and night sweats
- Mood swings or irritability
- Fatigue and low energy
- Weight changes or slowed metabolism
- Vaginal dryness or discomfort
- Reduced muscle mass or strength
- Low libido or sexual dysfunction

Our medically guided HRT options—available in oral, topical, or injectable forms—are tailored to your unique needs.

Your care starts with a detailed consultation and lab work to assess hormone levels. From there, we create a custom plan with ongoing support and adjustments as needed. Hormonal changes are natural, but you don't have to face them alone. We're here to help you feel like yourself again.

Ready to learn more about HRT with Valley Urgent Care? Visit us online at valleyucare.com or call 570.550.0870 to schedule a consultation. Our experienced team is here to help you regain your energy, clarity, and confidence.

PROVIDER SPOTLIGHT | GINA MALTESE, ESTHETICIAN

Gina Marie Valentine Maltese is a bi-coastal esthetician based in Pennsylvania and Ventura, California, known for her unique blend of results-focused skincare and deep relaxation. With 10+ years of experience, multiple certifications, and the title of Master Educator, she pairs expert knowledge with heartfelt care in every session.



Since 2013, Gina has offered personalized facials and a full range of advanced treatments, using only premium holistic and medical-grade products—including her own curated skincare line—for real, radiant results. Whether you're seeking transformative change or a moment of calm, she creates an elevated experience where beauty meets intention.

Visit us online at valleyucare.com or call 570.550.0870 to schedule an appointment.

OUR PATIENTS ARE SAYING...

"The professionalism at Valley Integrated Urgent Care was excellent. The staff was kind and courteous, from walking into the facility, the service was great. I had an exam, discussed my symptoms, and got great information. I would recommend Valley Integrated Urgent Care to everyone. We are so fortunate to have a medical facility like this one."

— Robert K.

SPRING WELLNESS TIP

GET 10 MINUTES OF SUNLIGHT EVERY DAY

Exposure to natural sunlight is one of the most effective ways to support your body's production of Vitamin D, which is essential for bone health, immune function, and mood regulation. Aim to spend at least 10-15 minutes outdoors every day, ideally in the morning when the sun is less intense. Sunlight stimulates your skin to produce Vitamin D, which can help combat seasonal depression (SAD) during the winter months when sunlight is limited. Just be sure to protect your skin with sunscreen if you're out longer, especially during midday hours.



Visit valleyucare.com for more free health tips!

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- Coordination of Care
- Health & Lifestyle Coaching
- Virtual & Telemedicine Services
- Expedited Access to Specialist Care
- Enhanced Diagnostic Services

Wellness & Cosmetic

- Weight Loss
- InBody 580 Measurements
- IM Boosters
- Holistic IV Vitamin Therapy
- Facials
- Skin Care
- Laser Hair Removal
- Injectables (Botox & Fillers)
- Microneedling
- Microdermabrasion
- Dark Spot Removal
- Aesthetic Services for Men



TREAT SOMEONE YOU LOVE — AND YOURSELF — TO THE GIFT OF WELLNESS!

During the months of May and June, buy a \$150 gift card and get a \$20 gift card free. It's a perfect way to care for yourself and share the gift of health and beauty with someone special.

WELLNESS NEWSLETTER SPRING 2025

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