

Start the School Year Healthy!

Even when children seem healthy, regular checkups help identify concerns early and keep kids on track. Well visits are recommended for all school-age children, kindergarten through high school

SCHEDULE YOUR CHILD'S **ANNUAL WELL-CHILD VISIT TODAY**

**SPORTS
PHYSICALS
SHOULD BE
COMPLETED BY
YOUR CHILD'S
PCP**

During a Well-Child Visit

- ✓ Track growth & development
- ✓ Review nutrition & healthy habits
- ✓ Discuss sleep, physical activity, & screen time
- ✓ Immunizations *
- ✓ Assess emotional & behavioral health

*WMCHC respects parents' wishes and offers care for all patients regardless of position on vaccines.

Wayne Memorial Community Health Centers has pediatric offices at four convenient locations: Honesdale, Sterling (Lake Ariel), Waymart and Lords Valley.

Our pediatricians and advanced practice providers offer Whole-person Care by addressing a child's physical, mental, emotional, developmental, and social well-being. This includes access to an Integrated Behavioral Health team working in conjunction with the Primary Care Provider.

Centers offer same day sick visits whenever possible, and our Sterling office has walk-in care for children birth to age 18 years which includes some week-day evening appointments as well as Sunday hours.



Wayne Memorial
Community Health Centers

**SCAN FOR
OFFICE INFO**



Partner with us to keep your child healthy and growing strong.

wmchc.net