



GET  
STARRY  
EYED

## welcome back summer

Savor the promise of summer. As the season inspires freedom and adventure we hope you'll continue to turn to us to ensure your good health.

VISIT US



## stay the course

Florida Medical Clinic remains diligent in our fight against the coronavirus pandemic. Read our latest CEO statement on how we are staying the course to keep you safe and healthy.

 [READ HERE](#)

BE SPF SAVVY

## i scream, you scream, we all scream for sunscreen

Learn how to have fun in the sun while protecting your skin.

[BURNING QUESTIONS?](#)



## every drop counts

Drink plenty of water during the hot summer months. Heat and sweat can leave your body de-hydrated.

Be sure to drink at least 8-9 glasses a day.

ADD A SPLASH OF FRESH

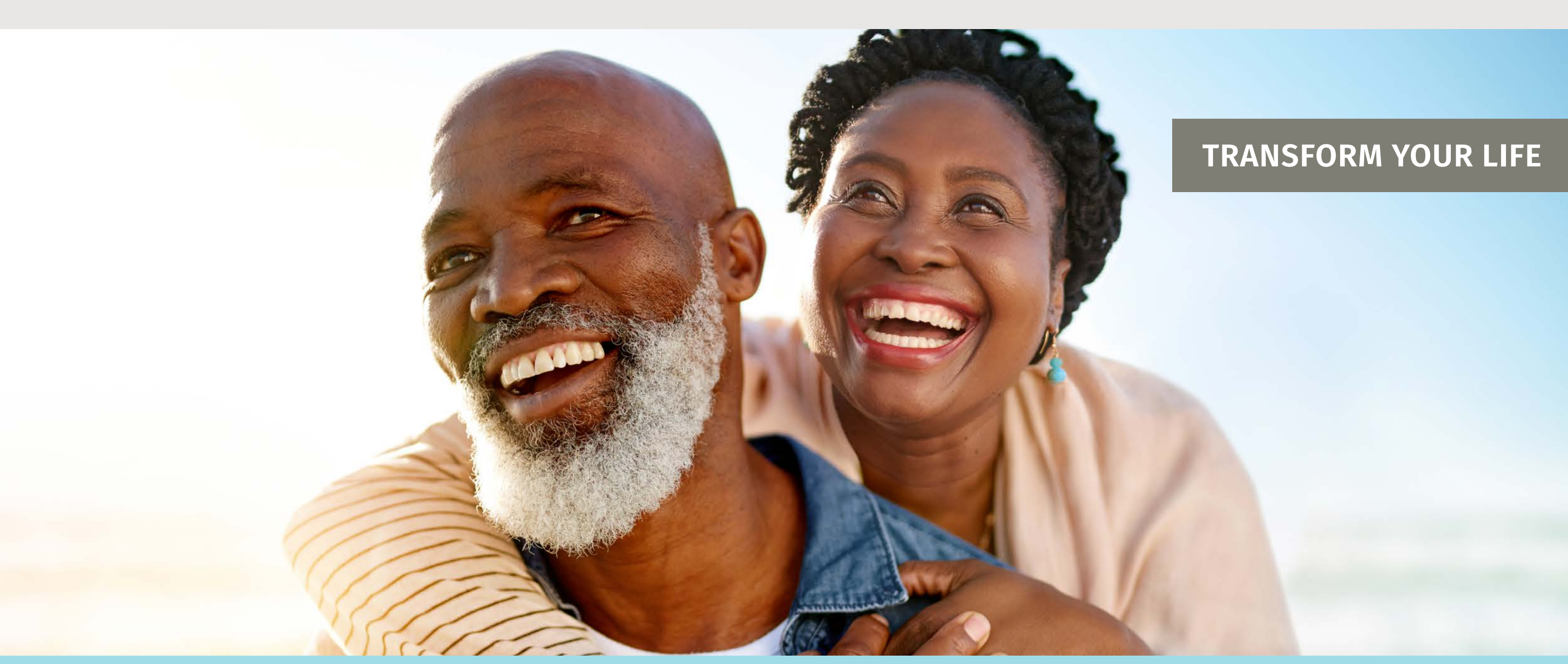


PAIRS WELL WITH SUMMER

## drink to your health

Beat the summer heat with four cool and refreshing smoothie recipes! Each one is packed with healthy fruits and veggies for a boost of energy for those long summer days.

[GET RECIPES](#)



TRANSFORM YOUR LIFE

## live happy now

Breakdown the barriers of depression and anxiety with our newest FDA approved therapy treatment.

Take the first step toward a happier life.

[START HERE](#)



## eye catching

August is National Children's Eye Health and Safety Month! It's important to catch problems early while your child's eyes are still developing. Schedule an eye exam with our ophthalmology department today.

[PEEK A BOO](#)

### FROM THE BLOG

Medical advice without the appointment featuring blogs from Florida Medical Clinic doctors.



#### Scoliosis Surgery Recovery: What to Expect

Geoffrey Cronen, MD

[READ MORE](#)



#### Crohn's Disease Diet: Foods to Eat and Avoid

David R. Heiman, MD

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#### How to Meditate Before Bed: Improve Sleep and Fight Insomnia

Anjum Kumbkarni, MD, MBA

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