



AFC URGENT NEWSLETTER

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Why Choose AFC Urgent Care Instead of the ER?

Urgent care is distinct from emergency care. Urgent care centers are same-day clinics that address a range of medical issues requiring immediate attention, though they are not classified as emergencies. Urgent care is also significantly cheaper than typical emergency rooms. Urgent care also helps alleviate pressure on emergency rooms, reserving them for the most critical cases.

We provide a wide range of medical services, including pediatric urgent care, sports physicals, in-house laboratory testing, EKGs, flu shots, STD testing, X-rays, injury treatment, COVID-19 testing, flu and strep tests, DOT physicals, occupational medicine, work-related injury care, and much more!



Autism Awareness Day April 2nd

Autism Awareness Day was established by the United Nations in 2007 to promote understanding, acceptance, and support for individuals with Autism Spectrum Disorder (ASD). The day aims to challenge stereotypes, encourage inclusion, and advocate for policies that improve the lives of autistic individuals.

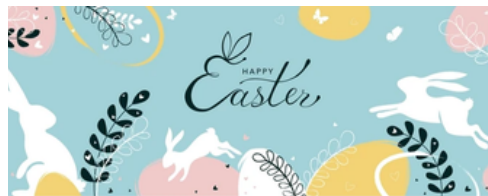
Ways to Spread Awareness:

1. **Wear Blue** – Show support by wearing blue or participating in the "Light It Up Blue" campaign.
2. **Educate & Share** – Learn about autism and spread accurate information using #AutismAwareness.
3. **Support Autistic Voices** – Amplify the experiences and perspectives of autistic individuals.
4. **Attend Events** – Join awareness walks, webinars, or community programs.
5. **Donate or Volunteer** – Support organizations like ASAN and the Autism Society.
6. **Promote Inclusion** – Advocate for neurodiversity in schools, workplaces, and communities.



Earth Day April 22nd

Earth Day 2025, observed on April 22nd, serves as a global event dedicated to raising awareness for environmental protection. Earth Day provides a platform for individuals, organizations, and governments to unite in advocating for eco-friendly practices, pushing for policy changes, and engaging in activities that contribute to a healthier planet. This annual observance is crucial for encouraging education on environmental issues, and striving for changes to secure a sustainable future for generations to come.



World Health Day 2025 April 7th

Each year, World Health Day focuses on a specific public health concern. The theme for World Health Day 2025 is "Healthy beginnings, hopeful futures", focusing on maternal and newborn health. This campaign will urge the health community to increase efforts to end preventable maternal and newborn deaths and to prioritize women's longer-term health and well-being.

The goals of the 2025 campaign are to:

1. **Raise awareness about gaps in maternal and newborn survival and the need to prioritize women's longer-term well-being.**
2. **Encourage collective action to support parents as well as health professionals who provide critical care.**
3. **Provide useful health information relating to pregnancy, childbirth, and the postnatal period.**

You can get involved by:

- Spreading awareness using the hashtags #HopefulFutures and #HealthForAll.
- Participating in global events.
- Donating to the WHO Foundation.
- Sharing personal experiences of pregnancy and birth.

Stress Awareness Month!

Mental Health Hotline: 988

April's Stress Awareness Month shines a light on the impact of stress in our lives, urging us to acknowledge its effects on both our minds and bodies. In today's fast-paced world, it's important to equip ourselves with easy and effective stress management tools. Simple yet powerful techniques include practicing mindfulness or meditation, even for just a few minutes daily, to ground yourself in the present. Regular physical activity, like a quick 15 minute walk or yoga, releases endorphins, which are natural stress relievers. Prioritizing sleep and maintaining a balanced diet are also essential. Remember to connect with loved ones; social support, especially from loved ones, can significantly reduce the effects of stress. Finally, don't hesitate to seek professional help if stress feels overwhelming; therapists and counselors can provide tailored strategies for coping and building resilience.



Call and Visit Us!

AFC Spring Cypress 290
13621 Skinner Rd, Suite 250
Cypress, TX 77429
P. 281.754.3034

AFC Tomball 14099 FM 2920 Rd
Suite A Tomball, TX 7737
P. 281.803.9828

AFC Antoine West 6405
West Rd Suite 100
Houston, TX 77086
P. 832.378.8993