



# This Month's News

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## Dear Families

Happy New Year! We want to express our sincere gratitude for entrusting us with the care of your loved ones. It is an honor to serve your families, and we look forward to continuing to provide compassionate and dedicated care in 2024.



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## Flu Season

As we navigate the ongoing flu season, we kindly request your support in maintaining a healthy environment within our center. If you are currently experiencing any symptoms of illness, we encourage you to reschedule your visit. Your cooperation not only safeguards your well-being but also contributes to the collective effort to reduce the risk of transmission to our patients, residents, partners, and loved ones. We deeply appreciate your understanding and collaboration in prioritizing the health and safety of our community.

Did you know? These 3 simple actions can help you prevent illness, including flu, this fall and winter—more about how to fight the flu [HERE](#).

# FEELING ILL?



## FLU SEASON ALERT



## PLEASE RESCHEDULE YOUR VISIT

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## Family Fit Lifestyle Month

Jumpstart the new year with our latest blog post! January is all about new beginnings and resolutions, and it is also Family Fit Lifestyle Month. Explore easy exercises for seniors that you or your loved ones can start right away. Check out the simplicity of staying active in the new year [HERE!](#)



Thank you,  
Karla Lane  
Administrator

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NHC Place Farragut  
122 Cavette Hill Lane  
Knoxville, TN 37934  
865-777-9000

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
Llame al 865.777.9000 (TTY: 7-1-1). (Spanish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis.  
Ligue para 865.777.9000 (TTY:7-1-1). (Portuguese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 865.777.9000 (TTY: 7-1-1)。(Chinese)

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