



This Month's News



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.



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 in reducing 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

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!](#)

5 SIMPLE EXERCISES FOR SENIORS



Thank you,

Debbie Hubbard

Administrator, NHC HealthCare Kingsport

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 423-765-9655 (TTY: 7-1-1). (Spanish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 423-765-9655 (TTY:7-1-1). (Portuguese)