



HR Healthy Hub Preventive Health Care Screenings



Planning for preventative care and screenings is a wonderful way to put your health first. "If everyone followed our preventative health screenings, we would catch disease earlier. We would be able to treat it and be more successful" Dr. Robert M. Biernbaum, chief medical officer for WellNow Urgent Care, told CBS news. To help navigate CBS News Health Watch, <https://www.cbsnews.com/healthwatch> has compiled a series of guides to outline preventative screens experts say should be on your list no matter the age group you are in:

For those in their 20s and 30s: Women-cervical cancer screenings, well women visits; Men-Testicular exams, mental health check-ins (depression, anxiety); Both-vaccinations, healthy lifestyle counseling (diet and exercise)

For those in the 40's: Women-mammograms (starting at the age of 40 or earlier based on risk); Both-colon cancer screenings and continue with screenings from previous age group such as bone density scans.

For those in the 50's: Both-continue with previous screenings, and add osteoporosis, lung cancer and other age-related conditions, colonoscopies, Men-prostate cancer screenings, Lifestyle Recommendations-Diet, healthy eating, vaccinations, dental/vision checkups, blood pressure, cholesterol, diabetes, smoking.

Did you know that prescription drug prices in the U.S. are an average of 2.5 times higher than other Western Countries. You might want to consider switching to a generic drug that is right for you. A generic drug is a medication with the exact same active ingredient as the brand-name, but they cost less than the brand name versions. So, the next time you speak with your doctor, you request a generic brand, so it helps you save money at the pharmacy. Note- Do not forget about the GoodRx program free coupons on prescriptions and up to 80% savings, to learn more visit <https://www.goodrx.com>

4th of July Fire on the Water!

Anderson Auto and Powersports is sponsoring the inaugural 4th of July Festival, Fire on the Water! The event will take place on the Rotary Park baseball fields and include a Kids' Zone, food trucks, vendors, a car and boat show, and live music. The festival begins at 1pm and is free to the public. The fireworks show will start around 9pm. For additional information, visit <https://www.fireonthewaterhavasus.com>



Anderson Auto Wins Lake Havasu Area Chamber Award

Anderson Auto & Powersports Group was thrilled to be honored at the Lake Havasu Area Chamber of Commerce Annual Celebration of Business, winning The Pinnacle Award recognizing charitable efforts within the community. Anderson Auto & Powersports Group employees have participated in and donated to over 100 nonprofit community organizations and events in the past year.



Anderson Toyota Sponsors Lake Havasu High School Gym Remodel



Anderson Toyota sponsored the remodel of the Lake Havasu High School Arena, featuring refinished floors with colored inlays and logos, plus new bright lights to illuminate home basketball and volleyball games and practices. This partnership with the high school was part of Anderson Auto & Powersports Group's mission of community involvement and improvement of youth sports facilities.

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in June with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Chris Strang	24	AAG
Joan Burger	23	CDJR
Jason Larson	14	LHC Powersports South