

Your Health, Your Journey

There isn't one perfect path to better health. Every person has different goals, challenges, family history, and life experiences. That's why the best preventive care isn't about checking boxes—it's about building healthy habits that fit your life and support the future you want to live.



THE BUILDING BLOCKS OF PREVENTION



PROTECT YOUR HEART.

Healthy choices today help reduce your risk of heart disease.

1



CHALLENGE YOUR BRAIN.

Keep your mind active to support memory, mood, and mental sharpness.

2



KEEP YOUR BONES STRONG.

Strong bones help you stay active, independent, and able to do what you love.

3



KNOW YOUR NUMBERS.

Regular checkups and labs help us catch problems early and track your health.

4



STAY UP TO DATE WITH SCREENINGS.

Screenings can find problems early—when treatment works best.

5



PREPARE YOUR IMMUNE SYSTEM.

Vaccines help your body be ready before you're exposed to illness.

6

Small Steps Matter

-  You don't need to change everything this week.
-  Choose one healthy habit.
-  Build consistency.
-  Then add another.
-  Healthy living isn't about perfection. It's about progress.

QUESTIONS FOR KAREN

-  What is the most important thing I should focus on first?
-  Which healthy habits would make the biggest difference for me?
-  How can we create a prevention plan that fits my lifestyle?

KAREN'S CORNER

If you've read through this series, I hope you've discovered that prevention isn't about doing everything perfectly. It's about making informed choices, building healthy habits, and finding what works for you. My job is to support you, answer your questions, and help you become the healthiest version of yourself in a way that fits your life. Every patient is different, and together we'll build a plan that's realistic, sustainable, and designed just for you.

Thank You

Thank you for joining me on this Preventive Health journey. I hope these Field Notes have given you practical ideas and encouragement to help you take the next step toward a healthier future.

Remember, you don't have to do it alone—I'm here whenever you need me. 



The best preventive care isn't about living longer—it's about living healthier, staying independent, and enjoying more of the moments that matter.



407-867-1758

 karencorner@carter-familypractice.com

 carter-familypractice.com/cfpcarehub.com

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