CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

FREE, TAKE ONE!



GOLDEN VALLEY
HEALTH CENTERS

EMBRACING AN ACTIVE LIFESTYLE:
THE POWER OF EXERCISE FOR ALL AGES

2025

A MESSAGE FROM
OUR CHIEF EXECUTIVE OFFICER

At Golden Valley Health Centers, we strive to provide high-quality healthcare for all. But we see your health as a partnership and we are proud to be your partner in health. This issue of Check Up Magazine is all about taking care of yourself through physical activity which plays a fundamental role in maintaining physical, mental, and emotional well-being. From our pediatric patients to older adults, we see that regular physical activity helps improve overall health, prevent disease, and enhance quality of life.

We are fortunate to live in the Central Valley of California, a region that boasts beautiful weather for much of the year. Coupling exercise with time spent outdoors amplifies the health benefits that come with exercise, offering unique advantages for both body and mind. There are so many great reasons for our patients to embrace an active lifestyle.

Exercise is a universal need. For children and adolescents, it is essential for proper growth and development. Physical activity strengthens muscles, bones, and cardiovascular health, laying a foundation for a long healthy life. Active playtime also improves kids' motor skills, coordination, and balance. Outdoor activities, such as playing in parks or participating in sports, provide opportunities for social interaction and exposure to sunlight, which helps the body produce vitamin D, an important ingredient for bone health and immune function for growing kids.

In adulthood, regular exercise helps manage weight, maintain muscle mass, and reduce the risk of chronic diseases such as heart disease, diabetes, and hypertension. Physical activity is also a natural mood booster. It reduces stress and anxiety. Outdoor exercise, such as running, hiking, or cycling, also enhances mental well-being. In addition, studies have shown that spending time in nature reduces cortisol levels, lowers blood pressure, and improves focus and creativity.

For older adults, exercise becomes even more critical in combating age-related challenges. Strength training and balance exercises help prevent falls, maintain mobility, and preserve independence. Cardiovascular activities keep the heart healthy, while flexibility exercises like yoga reduce stiffness and pain. Outdoor exercise can be particularly beneficial for seniors. A simple walk in a park or an hour of gardening can improve their outlook and reduce feelings of isolation, which can be common in older age. Additionally, exposure to fresh air and sunlight supports better sleep.

The benefits of outdoor time and exercise extend across all ages. By incorporating regular physical activity and spending time in nature, individuals can achieve a balanced and holistic approach to health, ensuring they thrive at every stage of life.



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SPONSORSHIP OPPORTUNITIES

Golden Valley Health Centers has 65 lobbies in more than 45 clinical sites, reaching nearly 200,000 patients every year. New magazines full of interesting and inspiring health-related information is distributed via Check Up magazine regularly throughout the Central Valley.

Check-Up magazine is brought to you by GVHC Foundation, which exists to support the charitable activities of Golden Valley Health Centers and advance the health and wellness of our communities through awareness, support, and resources for GVHC clinics and patients.

Check Up Magazine is also available online at **GVHC.ORG**

For underwriting opportunities, please contact: **Foundation@gvhc.org**

CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

GVHC MISSION

We provide access to high-quality health care for all, serving with dignity, respect and compassion.

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Check Up Magazine is published by the Communications Department of Golden Valley Health Centers.

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GOLDEN VALLEY HEALTH CENTERS

HEALTHCARE AT YOUR FINGERTIPS



Golden Valley Health Centers (GVHC) is proud to offer telehealth appointments and Virtual Urgent Care, providing patients with convenient access to healthcare through video and phone consultations! This service allows patients to connect with their doctor remotely, eliminating the need for in-person visits. Whether at home, work, or on the go, GVHC patients can receive timely medical attention with ease.

One of the key benefits of Virtual Urgent Care is its accessibility and extended hours, ensuring that more patients can receive care when they need it. Scheduling an appointment is simple—patients can call or text **(209) 722-4842** to book a virtual visit, just as they would for any other GVHC appointment.

With virtual appointment scheduling quality healthcare is now more convenient, accessible and more flexible to fit your calendar.

A HEART TO HEART WITH A NEW MOM AND HER PROVIDER

When Anahi first came to Golden Valley Health Centers suspecting that she was pregnant just over a year ago, she was a little bit worried. She wondered what her patient journey would be like and had concerns about what the future might hold for her and her unborn baby. She came in to her first prenatal care appointment slightly nervous, as all expectant parents are, but that quickly changed when she met Dr. Danielle Myers.

"When I had the joy of hearing Leilani's heartbeat for the first time, it was amazing, and Dr Myers was so excited. I knew at that moment that I was in good hands," said the soon-to-be mom. "The first time I heard my baby's heart was very touching. My doctor made that experience so special."

From that moment on, Anahi felt she received the high-quality, personalized care she needed. She found Dr. Myers to be a wonderful provider, bringing kindness and a very focused approach to the needs of her patients. She also loved that Dr. Myers made her feel heard and understood, through speaking to her in Spanish (Anahi's native language).

At GVHC, providers care for patients and work hard to ensure they feel treated with dignity, respect and compassion. "We want our patients to walk away from an appointment feeling that they have been listened to and understood," said Dr. Danielle Myers, a Primary Care Provider serving patients at the community health center since 2002.

"I truly love following the patients, being able to bring both mom and baby back into the clinic and seeing them both on the same day," added Dr. Myers. "This way we can make sure mom isn't having issues with breast-feeding, I can answer any new mom questions, and truly watch the baby grow up. This is part of what makes my job so special."

Anahi recommends Golden Valley Health Centers to her friends and emphasizes that the Doctors are caring and are there to provide assistance and the necessary health care attention that they need. She tells them, "The attention you receive from your doctor at Golden Valley Health Centers will be very good and I feel that they are really there to help us during pregnancy."

Leilani is now a thriving and beautiful 6-month-old baby girl. Both Leilani and her mom will continue to receive care from Dr. Myers, at a Golden Valley Health Centers clinic.

"I have so many patients I have cared for over the years, that grow up and become parents... and then I get to care for their children. There is really nothing like being a part of a patient's life over generations,"

- Dr. Myers.



CLINIC UPDATES

NOW OPEN

MODESTO 6TH STREET DENTAL CLINIC

A new Golden Valley Health Centers Dental Clinic opened on February 10th. This location is the first free-standing GVHC dental practice to serve residents of Modesto. Quality dental care and attention to oral health are top priorities for GVHC. Dental clinics that accept Medi-Cal can be difficult to find and are an important need in underserved communities. We can't wait to serve you and your dental needs like exams, fillings, extractions, and cleanings.

To make an appointment at this location, call (209) 722-GVHC or text (209) 573-8880



OPENING 2026

STOCKTON COMMUNITY HEALTH COMPLEX

Golden Valley Health Centers recently purchased a building in Stockton that will house a Program of All Inclusive Care for the Elderly (PACE), as well as an Urgent Care, a GVHC Pharmacy, and a Specialty Clinic. There is a great need for senior services, like PACE, in the region and the estimated growth of the area's senior population indicates the need for more programs like this. Construction on the project will begin later this year, with the goal of opening the doors to the Stockton Community Health Complex in July, 2026.



OPENING SOON

MODESTO PHARMACY AT GVHC WEST MODESTO CLINIC

GVHC pharmacies are an important part of the high-quality healthcare we are proud to provide our patients. Currently, GVHC operates a pharmacy in Merced and will open another inside the Modesto 6th Street clinic later this year. Our pharmacy services will expand soon, adding locations in Stockton and Modesto. As a patient of Golden Valley Health Centers, using the GVHC pharmacy simplifies communication between a provider and the pharmacy. Medication delivery is another great benefit coming soon. For your convenience, ask your provider about how you can switch to a GVHC pharmacy!



GVHC GOLF TOURNAMENT

Register Now

Proceeds from the event benefit the Golden Valley Health Centers Foundation projects that support the patients, families and employees of GVHC. A day of golf improves the lives of others and supports the Food Pharmacy, Adopt-a-Family and the Care Fund. Join us for a great day of golf and support the Foundation! See link to register or for more information, contact segleston@gvhc.org or call (**209) 628-8865**

Date: Monday, May 12, 2025
Start Time: 11:00am

Location: Spring Creek Golf & Country Club, Ripon

Sign up here: **https://bit.ly/4jBJq6F**

SHAPE YOUR HEALTH WITH SMART EATING CHOICES



Healthy eating is essential at every stage of life. A balanced diet filled with fruits, vegetables, whole grains, protein-rich foods, and dairy or fortified soy alternatives can provide the nutrients your body needs. When choosing what to eat or drink, opt for foods that are nutrient-dense and lower in added sugars, saturated fat, and sodium.

Want to make healthier choices? Start with these simple tips!

Focus on Whole Fruits

Make fruit a delicious part of your breakfast! Try topping whole-grain cereal with fresh berries, adding sliced bananas to pancakes, or mixing dried fruit into a warm bowl of oatmeal.

Vary Your Veggies

Incorporate a rainbow of vegetables into your meals. Roast extra veggies to use throughout the week in stews, soups, or pasta dishes for added convenience and nutrition.

Mix Up Your Proteins

Shake up taco night by experimenting with different proteins. Try shrimp, beans, chicken, or lean beef to add variety and essential nutrients to your meals.

Make Half Your Grains Whole

Boost your fiber intake by swapping refined grains for whole grains. Brown rice makes a great addition to stir-fry dishes, especially when combined with colorful veggies and lean proteins.

Choose Low-Fat or Fat-Free Dairy

Dairy provides essential nutrients like calcium and vitamin D. Opt for low-fat or fat-free milk, yogurt, or lactose-free alternatives. Try a yogurt parfait for breakfast, layering yogurt with fruit and nuts for a nutrient-packed start to your day.

Limit Added Sugars, Saturated Fat, and Sodium

Cooking at home is a great way to control ingredients and reduce excess sugars, unhealthy fats, and sodium. Check nutrition labels and ingredient lists when shopping to make informed choices.

By making small, mindful changes, you can shape a healthier lifestyle—one meal at a time!

Get started with these delicious and nutritious recipes below!

Apple Sandwiches

Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.

Notes

- Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
- Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
- Use other dried fruit pieces, such as cherries or cranberries.

Fresh Fruit with Cinnamon Yogurt Dip

Ingredients

- 1 apple
- 1 banana
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt, low-fat
- 1/2 teaspoon cinnamon

Directions

1. Wash hands with soap and water.
2. Core and slice the apple.
3. Slice banana into thin circles.
4. Peel the orange and break it into sections.
5. Pour the orange juice into a small bowl.
6. Dip the fruit pieces into the orange juice to prevent browning.
7. Arrange on a plate.
8. Mix the yogurt and cinnamon in a small bowl.
9. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.



GOLDEN VALLEY
HEALTH CENTERS
PHARMACY

We can deliver prescriptions to your home

Ask your pharmacy team about **FREE** home delivery today!





IMMIGRANT RESOURCES

As a trusted healthcare partner, we want to reassure our patients that they can continue to access care at our sites regardless of immigration status. Our service to the residents of our community will be available to all. We are steadfast in our commitment to patient security and privacy, because health and safety are fundamental human rights.

Visit **bit.ly/immigrant-resources** for more information.



STAY AHEAD OF COLORECTAL CANCER WITH EARLY SCREENING

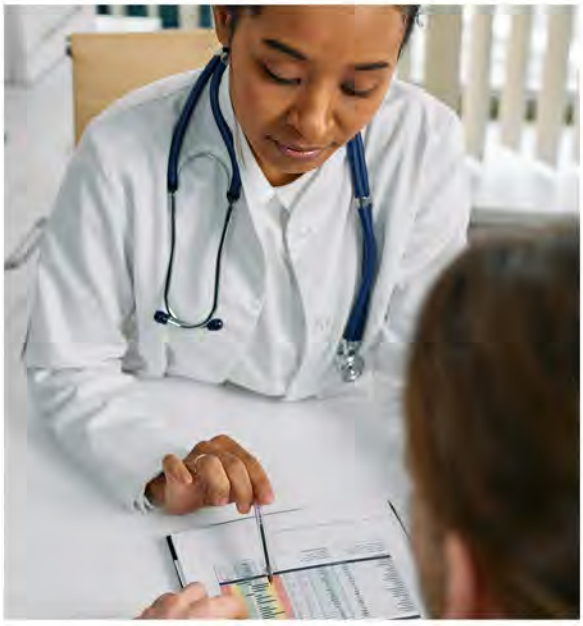
Did you know that colorectal cancer is the third most common cancer among adults in the United States? The good news is that regular screening can help detect it early—when treatment is most effective.

If you're 45 or older, it's time to prioritize your health by scheduling a screening. Early detection saves lives!

More than half of colorectal cancer cases are linked to lifestyle factors that can be changed. You can lower your risk by:

- Eating a healthy diet
- Maintaining a healthy weight
- Staying physically active
- Avoiding smoking and limiting alcohol consumption

Take charge of your health today—schedule your screening and make healthy choices to reduce your risk!



LEADERSHIP ACADEMY MEDIA DAY

On February 7th, the GVHC Marketing Team hosted high school students at the Modesto Paradise Clinic for their annual Leadership Academy Media Day. Students learned about GVHC Services and the importance of Marketing and Communications in Healthcare. They crafted and pitched their versions of GVHC billboards, showcasing their skills and creativity. We are proud to partner with local schools in an effort to encourage health care education for the future generations in our communities.



LOS BANOS TOWN HALL

Join Golden Valley Health Centers for an informative Town Hall Meeting in Los Banos on Tuesday, March 25th, at 5:30 PM at 645 7th Street, Los Banos, CA 93635.

This event will provide valuable insights into health services available in Los Banos, including medical care, behavioral health, dental services, and more. Attendees will also have the opportunity to explore community resources, enjoy free food and giveaways. Following the presentations, guests will have a chance to engage directly with our clinic and operations leadership during a Q&A session.

We look forward to welcoming you to the Los Banos Town Hall and sharing how Golden Valley Health Centers can serve you!



CENTRAL VALLEY
PACE

CARING FOR THOSE WHO CARED

At Central Valley PACE, we recognize the lifelong care our seniors have given us. That's why we've created an environment where they can receive the same level of loving, thoughtful attention. With our all-inclusive care model, every need is met, whether it's medical, social, or emotional. Because they deserve to feel valued and respected.

WE ARE NOW SERVING MORE THAN 400 PARTICIPANTS!

VISIT US TODAY FOR A FREE TOUR!



CONTACT US:
(209) 724-6000
cvpace.org

LOCATIONS:
2401 E. Orangeburg Ave., Ste 330 Modesto, CA 95355
727 W. Childs Ave, Merced, CA 95341

The articles set forth are not an endorsement nor recommendation and are published for educational purposes only.

GROWING CONNECTIONS
IN OUR MODESTO PACE GARDEN

One of the many unique benefits our PACE program offers is the opportunity for participants to engage with and cultivate a vibrant community garden. This patio garden serves as more than just a space for growing plants; it's a sanctuary where participants can unwind, relieve stress, and find something to look forward to when they come to the center.



For some, the garden is a place of connection to nature, while others bring valuable gardening experience, helping to grow everything from fresh produce to beautiful flowering plants. It's also a valuable learning opportunity, where both staff and participants can come together to share knowledge and learn new skills—whether they're seasoned gardeners or just starting out.
Beyond its role in personal growth and community building, this garden is a heartfelt tribute to a former staff member who played a pivotal role in its creation. She was instrumental in starting and coordinating the garden, and we honor her memory through the beauty and life it continues to bring to the program.



"Teresa was passionate about keeping the PACE garden alive for our participants," said Cherie Jelenik, Senior Director of Center Operations at Central Valley PACE. "We honor her memory with this garden and look forward to watching how it provides our participants with a sense of purpose, while also stimulating cognitive and physical activity. Whether they are tending to flowers, fruits, or vegetables, enjoying the fresh air, or simply sitting among the greenery, the garden promotes emotional well-being and enhances the participants' overall quality of life," she added.

The garden is a powerful reminder of the connections that make our PACE program so special, growing not just plants, but relationships and lasting memories.

MEET A PROVIDER

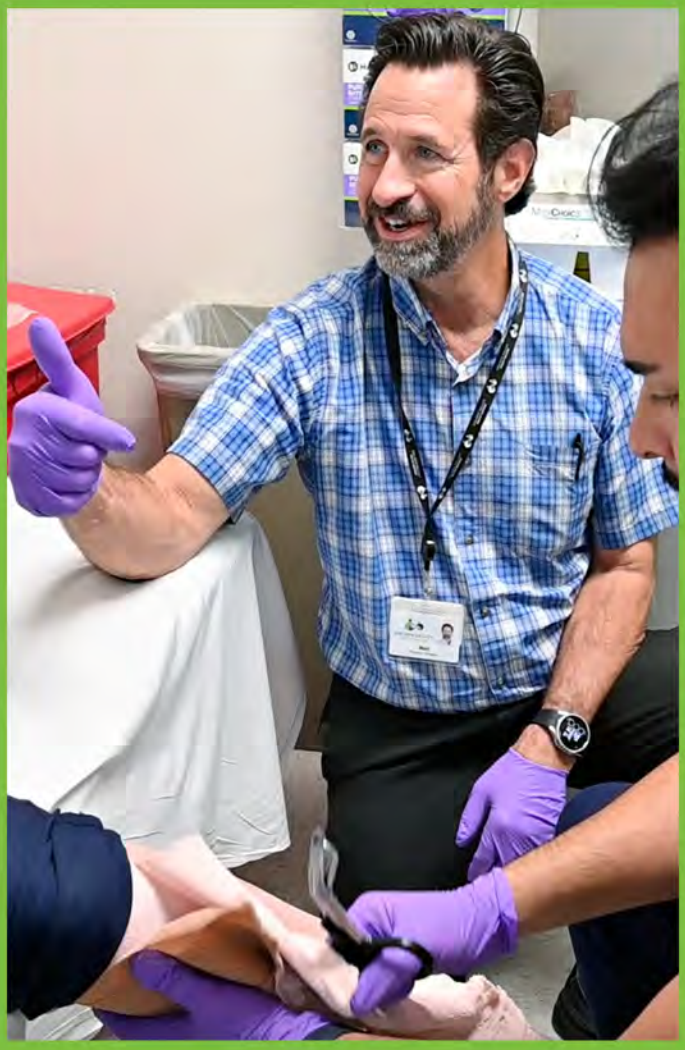
Matt Tresenriter

Matt Tresenriter, P.T. is the Director of Physical Therapy and Rehabilitation Specialties for Golden Valley Health Centers McHenry clinic and Central Valley PACE. He started with GVHC on July 1, 2024 with the transition of the Paradise and McHenry clinics from Health Services Agency to Golden Valley Health Centers.

After a year of business classes in college, Tresenriter switched to allied health studies after he found that hovering over balance sheets late at night was isolating and that he was more of a people person. His college roommate's father was a physical therapist and he found the field interesting. After taking a gap year after 3 years of college, he moved to Modesto and worked as a physical therapy aide at City Hospital to see if he really wanted to pursue the specialty. He loved the work and the patients, and decided to apply to Loma Linda University, School of Allied Health.

Matt graduated from Loma Linda in 1986 and accepted a job back at City Hospital in Modesto. He worked there for a short time until his department started covering Scenic General Hospital due to their staffing issues. He was offered a position and started working full-time at the county hospital in 1987. Shortly thereafter, Matt was promoted to department manager, a position he held at the County until July, 2024 when he moved to Golden Valley Health Centers in the transition of the clinic.

Matt became interested in wound care in the early 1990's. "Physical therapy was already doing extensive whirlpool treatments without much benefit to the patients. After specialized training, I approached various physicians and was able to convince them to allow me to utilize my new skills," he said. "When the county hospital transitioned to Doctors Medical Center in 1997, I became even more involved with outpatient wound care, eventually taking over all outpatient wound care for the county patients," he added.



Over the last 30 years, Tresenriter has balanced both physical therapy and wound care services in his extensive career. "With the willingness of GVHC's CEO and executive team to offer competitive rates for rehabilitation staff, and the success of GVHC's recruitment team to expand our staffing, I have recently been able to concentrate more on wound care and management of rehabilitation at our McHenry clinic and Central Valley PACE."

"I've also had the privilege to play a small part in training the family medicine residents in the area of wound care and have given them exposure to physical therapy as well." Two of GVHC's doctors, Danielle Myers, MD and Daniel Diep, MD were part of Matt's training many years ago. He is happy to now be able to work with them again.

Wound care also allowed Matt to travel to Chad, Africa 10 years ago and to work with his son who was volunteering in a primitive orthopedic surgery center. He was able to offer some assistance with wound care and physical therapy in a very underserved area of the world. "Both physical therapy and wound care are a fulfilling experience for me as I am blessed to witness restored function, reduced pain, and healed wounds inpatients. Getting to be part of a great medical team both in therapies and in the entire GVHC family makes coming to work a great experience."

In his free time, Tresenriter loves to play pickleball, racquetball, enjoys snowboarding and spending extended time at Don Pedro Reservoir every summer on a houseboat. "My greatest life accomplishments are being part of a wonderful family. Pati, my wife of 40 years, is a nurse at DMC and my two adult children Megan and Brandon, also work in the healthcare field as an emergency room physician in San Diego and psychiatrist in San Leandro. Not only are they great doctors but great people who I love spending time with on our houseboat, on the slopes, traveling on adventures or just hanging out at home spending time together."

We Care About YOU!

Start the year off right!

Schedule a Wellness Screening

A yearly visit with your doctor is helpful to reduce the chance of illness. It is also a good time to catch up on vaccines and tests to make sure you and your family stay healthy. Talk to your doctor about your family history, medical history, and any health issues you may have. Your doctor is there to help talk about your concerns and get answers to your questions.

Important screenings include:

Females

- Cervical Cancer
- Mammogram

Males

- Prostate Cancer

Everyone

- Blood Pressure
- Cholesterol
- Colorectal Cancer
- Diabetes A1c
- Mental Health
- Sexually Transmitted Infections (STIs)
- Skin Cancer
- Vision
- Hearing



Don't wait — make an appointment to visit your doctor today!

www.hpsj-mvhp.org
1-888-936-PLAN (7526) TTY 711
Monday – Friday, 8:00 am – 5:00 pm

Health Plan of San Joaquin

The articles set forth are not an endorsement nor recommendation and are published for educational purposes only.

FRESH & LOCAL PRODUCE

Shop locally for fresh produce and support small businesses! Check out these farmers markets near you.

Merced County

Kind Neighbor Farmers Market

- 857 W Childs Ave., Merced, CA
- Wednesdays | 5 - 8 PM | July 10 - September 25

Los Banos Downtown Farmers Market

- 600 H St, Los Banos, CA
- Thursdays | 5 - 9 PM | May 16 - October 31

Merced Certified Farmers Market

- 16th and Canal St., Merced, CA
- Saturdays | 8-11 AM | Year Round



Stanislaus County

Modesto Certified Farmers Market

- 16th St. Between H and I street, Modesto, CA (Alongside the Stanislaus County Library)
- Saturdays | 8 AM - 1 PM | January 18 - December 20th
- Thursdays | 8 AM - 1 PM | April 3rd - October 30th

Kaiser Modesto Farmers Market

- 4601 Dale Rd., Modesto
- Mondays | 9:30am - 2:00 PM | Year Round

Patterson Farmers Market

- Downtown Veterans Memorial Park, 36 Salado St., Patterson, CA 95363
- Wednesdays | 4 - 8 PM | May - September

Turlock Certified Farmers Market

- 145 S. Broadway Ave, Turlock, CA (Between Main and A St.)
- Saturdays | 9 AM - 1 PM | October - July



San Joaquin County

Downtown Tracy Farmers Market

- 900 Central Ave., Tracy, CA
- Saturdays | 8 AM - 1 PM | Year Round

Golden Villa Farmers Market

- 255 South Sutter St, Stockton, CA
- Saturdays | 5:30 AM - 9:30 AM | Year Round

Kaiser Stockton Farmers Market

- 7373 West Lane, Stockton, CA

Lodi Certified Farmers Market

- 35 S. School St., Lodi, 95240 (Between Oak and Pine St.)
- Thursdays | 5 - 8 PM | May 16 - September 5

Mountain House Certified Farmers Market

- 251 E. Main St., Mountain House, CA
- Sundays | 9 AM - 1 PM | Year Round

River Islands Certified Farmers Market

- 1175 Marina Drive, Lathrop, CA
- Saturdays | 8:30 - 12:30 | April 27 - November 23

Weberstown Farmers Market

- 4950 Pacific Ave, Weberstown, CA (Between March Lane & Pacific Ave)
- Saturdays| 8 AM - 1 PM | Year Round
- Thursdays | 8 AM - 1 PM | May - November



PATIENT SERVICES

Medical:

- Adult Medicine
- Family Medicine
- Internal Medicine
- Mobile Medical Service
- Pediatrics
- Urgent Care
- Virtual Urgent Care
- Women's Health

Dental:

- Cleanings & Oral Hygiene Education
- Exams & X-rays
- Extractions
- Fillings & Sealants

Health Education:

- Chronic Illness
- Community Health Outreach & Presentations
- Comprehensive Perinatal Services Program (CPSP)
- Dietitian
- Family Planning: Access, Care, & Treatment
- Nutrition

Behavioral Health:

- Case Management
- Drug & Alcohol Counseling
- Individual Therapy
- Patient-Directed Treatment Plans
- Psychiatric Care

Specialty Services:

- Allergy Care
- Cardiology
- Chiropractic Care
- Diagnostics Lab
- Gender Affirming Care
- General Surgery
- HIV Health & Wellness Program
- Medication Assisted Treatment Program (MAT)
- Nephrology
- Obstetrics & Gynecology (OB/GYN)
- Occupational Therapy
- Optometry
- Orthopedics
- Physical Therapy
- Podiatry
- Rheumatology
- Sports Medicine
- Wound Care

Central Valley PACE:

- Adult Day Program
- Home Care Assistance & Treatment
- Meals and Nutritional Counseling
- Occupational Therapy
- Physical Therapy
- Prescription Medications
- Recreational Therapy
- Speech Therapy
- Transportation Services

Pharmacy:

- Full-Service Pharmacy
- Home Delivery Service
- Open to GVHC & Non-GVHC Patients

CLINIC LOCATIONS

MEDICAL:

MERCED COUNTY

Merced:
- 847 West Childs Ave.
- 857 West Childs Ave.
- 3940 Sandpiper Ave.
- 797 West Childs Ave.
- 2752 Ranchero Ln.

Dos Palos:
- 1405 California Ave.

Le Grand:
- 13151 Jeerson St.

Los Banos:
- 821 Texas Ave.

Planada:
- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:
- 1524 McHenry Ave.
- 208 W. Coolidge Ave
- 2101 Tenaya Dr.
- 1510 Florida Ave.
- 1121 Hammond St.
- 1801 Tully Rd, Ste F.
- 209 Kerr Ave.
- 1717 Las Vegas St.
- 1500 Florida Ave.
- 1114 6th St.
- 401 Paradise Rd, Ste E.

Empire:
- 198 G. St North.

Riverbank:
- 4150 Patterson Rd.

Turlock:
- 1200 West Main St.
- 1100 Delbon Ave.
- 1199 Delbon Ave.
- 2240 West Monte Vista Ave.

Ceres:
- 1920 Memorial Dr.
- 3109 Whitmore Ave.

Newman:
- 637 Merced St.

Patterson:
- 200 C St.

Westley:
- 301 Howard Rd.

SAN JOAQUIN COUNTY

Manteca:
- 250 Northgate Dr.
- 302 Northgate Dr.

DENTAL:

MERCED COUNTY

Merced:
- 747 West Childs Ave.
- 2752 Ranchero Ln.

Los Banos:
- 725 West I St.

Planada:
- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:
- 1717 Las Vegas St.
- 1121 Hammond St.
- 1008 6th St.

Ceres:
- 1920 Memorial Dr.

Turlock:
- 1200 West Main St.

Newman:
- 637 Merced St.

Patterson:
- 200 C St.

SAN JOAQUIN COUNTY

Manteca:
- 302 Northgate Dr.

URGENT CARE:

MERCED COUNTY

Merced:
- 857 West Childs Ave.
- 3940 Sandpiper Ave.

STANISLAUS COUNTY

Modesto:
- 1510 Florida Ave.
- 401 Paradise Rd, Ste E.

Turlock:
- 2240 West Monte Vista Ave.

Patterson:
- 200 C St.

SAN JOAQUIN COUNTY

Manteca:
- 250 Northgate Dr.

PHARMACY:

MERCED COUNTY

Merced:
- 857 West Childs Ave.

STANISLAUS COUNTY

Modesto:
- 1114 6th St.

CENTRAL VALLEY PACE:

MERCED COUNTY

Merced:
- 727 West Childs Ave.

STANISLAUS COUNTY

Modesto:
- 2401 E Orangeburg Ave. Ste 330



45+

CLINICS ACROSS
THE CENTRAL VALLEY

FIND 5 DIFFERENCES
ENCUENTRA LAS 5 DIFERENCIAS



