



# Valders Area School District Health & Wellness Center

Primary Care | Family Care | Acute Care



The VASD Health & Wellness Center provides *free* convenient, quality health and wellness services for VASD employees, spouses, dependents and retirees covered by the VASD health insurance plan. Now, those who *do not* have the VASD health insurance plan may also use the VASD Health & Wellness Center for \$69 per visit.

The VASD Health & Wellness Center, staffed by professionals from Holy Family Memorial, is structured to provide a wide range of health and wellness services to promote a balanced lifestyle and help you reach your health goals.

In addition to saving you money, the convenient location within the school district also saves time by allowing you to be seen locally and with direct access to care.

**In addition to primary care services, the center offers urgent care treatment for:**

- Allergies
- Headache/migraine
- Respiratory infection, sore throat, bronchitis, and ear infection
- Urinary tract and yeast infection
- Injury treatment for sprain and strains, minor cuts and burns (x-rays not included)
- Lab testing including urinalysis, rapid strep, pregnancy and mono

**Schedule a confidential appointment by calling (920) 320-4660.**

**Walk-ins welcome.**

## Meet our Provider - Sarah Reveal, APNP



As a nurse practitioner, Sarah offers care for acute and chronic conditions, complete physicals, well-child visits, medication prescriptions, coordinated care with your primary care provider, and much more.

Learn more about Sarah at [www.hfmhealth.org/sarahreveal](http://www.hfmhealth.org/sarahreveal).

## Location and hours

Middle/High School—District Entrance  
138 Wilson Street, Room 154, Valders  
(920) 775-9500 (ext.4154)

1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Wednesday  
7 a.m.-1 p.m.  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday  
11 a.m.-5 p.m.