



PROVIDERS | SERVICES | PATIENT PORTAL

OCTOBER 2020

*Thrive*



**Building Resilience To Protect  
Your Mental Health**

Mental health encompasses emotional, psychological, and social well-being. It affects everything from how we feel and think to how we interact with others and handle stress. Mental health issues can be caused by a variety of factors—something seemingly small like a night or two of poor sleep or something big and unexpected, such as the COVID-19 pandemic.

[Learn More](#)



**Healthy Fall Fun**



**What Your Respiratory Symptoms Could Mean**



**Five Ways To Protect Your Hearing at Any Age**

## **FROM A PATIENT'S PERSPECTIVE...**

*“Everything about my visit was top notch. From check-in through the audiology test, the level of service and quality care were second to none.”*

*~Elena S., SMG audiology patient*



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### *Comments or Questions?*



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