



presented by: Hunter Heath (HC) and your Midtown Public Safety Healthcare Team



Charlotte Police Department

-Health & Wellness Quarterly- Charlotte's Public Safety Newsletter



Monthly Workouts | New Workout Wisdom!

Our monthly workouts have been replaced with a New and Improved "Workout Wisdom". Each monthly flyer features a fitness topic that can help elevate your training and push you closer to your goals! Discover origins, tips, and variations to keep your workouts fun and effective!



Scan or Click



Blog Articles | Sleep Hygiene Tips & Tricks

More than a third of Americans report getting less than seven hours of sleep in a 24-hour period and chances are that number could be even lower for Fire and Police! Optimizing your sleep hygiene can make a big difference to your overall health, wellness, and fitness. Read more on what you can do to offset the unique challenges of working in Public Safety.



Scan or Click



Video Gallery | Content for All Interests

Enhance your wellness with our Public Safety YouTube channel, your go-to resource for health and fitness-related content! From exercise instruction to mental wellness tips, we offer valuable content to help you achieve your fitness goals and maintain a balanced lifestyle. Subscribe now and join our community committed to living healthier, happier lives!

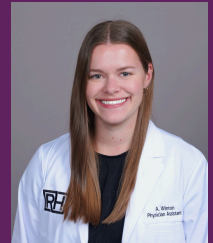


Scan or Click

Click each [LINK](#) or scan these QR-Codes to visit the PSCLT website.



Amber Winton, PA-C
Physician Assistant



Amber serves our Behavioral Health clinic to provide FREE medication management for all eligible CLT Fire and Police. Call and schedule today to save a copay!

PH: 980-390-5990

Endorsed by CITY of CHARLOTTE