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## To Your Health: May 2016

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### May is Hepatitis Awareness Month

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May is National Hepatitis Awareness Month!

*More than 3 million Americans have chronic Hepatitis C, and up to 75% of people don't even know it.*

The month of May is dedicated to Hepatitis Awareness Month, where the primary focus is encouraging the public to be informed, be tested, and ultimately be treated. Viral hepatitis is the inflammation of the liver caused by a virus. In the United States, the most common types of viral hepatitis are Hepatitis A, Hepatitis B and Hepatitis C.

To get educated on each type of viral hepatitis, how they spread, and how to treat it, read more [here](#).

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### WYH Takes on the 2016 CDPHP Workforce Challenge!

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Challenge accepted! On Thursday, May 19th, 33 WYH employees will come together to participate in a 3.5 mile run/walk in downtown Albany. The race, sponsored by CDPHP, is a chance for businesses all over the Capital Region to provide fitness and healthy lifestyle opportunities to their employees all the while promoting camaraderie in the workplace.

This year is an extra special year for WYH because not only do we have our biggest group ever participating, but it's also the first year with employee designed t-shirts! Not only was it a fun way to prepare for the race, it will unify our great group even more at the race. On the right is a sneak peak to what the shirts will look like.



Look out for picture of the event on our Facebook and Instagram pages!

## April Compliments

Hearing great things about the care our patients receive from our talented staff is the best! Here are some lovely compliments we received this past month:

“I wanted to tell you about the wonderful care I received from wonderful people in the Dental Department. I was in excruciating pain and all of these young ladies were professional and caring they even called me & stopped by the Billing office to see how I was feeling the following day after my appointment. I can't say

Thank you enough to: **Kadian Powell, Kim Marsh, Christina Graham, Kaye Williams and Dr. Stephens**”

- Diane Boyd



“I wanted to tell you that your staff person, Marlesia is wonderful and professional. She just helped me schedule a client of mine. She was just outstanding in her ability to make things happen and her empathy for the situation. I just think she is great and wanted to tell you so.

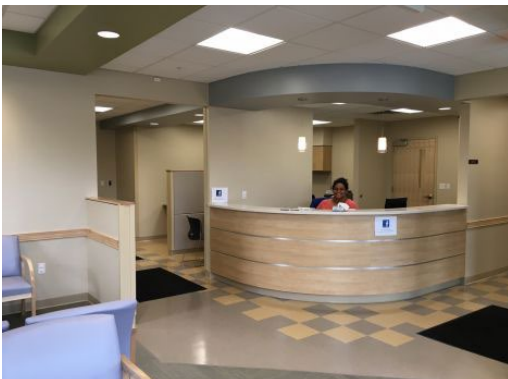
Thank you **Marlesia Lewis!**”

-Anonymous

## NOW OPEN - Watervliet Health Center!

WYH is happy to announce that our Watervliet Health Center is officially open! The purpose of the Watervliet practice is to provide medical and dental care without regard to income to those in the Watervliet community and its surrounding areas. From the waiting room to the exam rooms to the dental rooms, we're ready to give some great patient care!

To learn more about the services the patients at the Watervliet practice will receive, click [here](#).



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