



## Conquer your health goals @ the Wellness Center

### Getting healthy is easier with support.

The on-site Wellness Center is ready to help you conquer your health goals.

#### Get started today with...

- Blood pressure checks
- Cough, cold, and flu visits
- Preventive exams
- Lab draws
- Flu and COVID-19 shots
- Annual physicals
- and more!



## MEET YOUR PROVIDER RAYMOND TAH



#### Professional background

Raymond is a Family Nurse Practitioner and has 5+ years of experience focusing on adult health - acute and chronic disease management and disease prevention.

#### Holistic patient care

He takes time to get to know and understand patients, with the goal of encouraging a healthy lifestyle that promotes optimum health.

#### Outside of work

He enjoys volunteering, soccer, tennis, reading and traveling.

**Reaching your health goals starts with a single step.**  
Get started today.



Visit [mypremisehealth.com](https://mypremisehealth.com) or call  
(704) 328-5900 to make an  
appointment.



Compass Group Wellness Clinic  
2300 Yorkmount Rd, CC1 - first floor  
Tuesday - Thursday, from 7:30 AM - 4:30 PM