

WELLNESS ARTICLE



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August is National Immunization Awareness Month, a reminder that vaccines aren't just for children... they're an important part of staying healthy at every stage of life.

Vaccines help protect you from serious illnesses like the flu, pneumonia, shingles, RSV, COVID-19, and more. They also help reduce the spread of disease, protecting family members, friends, and others in our community who may be more vulnerable.

As we head into the fall and winter seasons, now is a great time to review your vaccination history with your primary care provider. Depending on your age, health conditions, lifestyle, and medical history, you may be due for one or more recommended vaccines.

Your primary care team can help you:

- Review your immunization record.
- Determine which vaccines are recommended for you.
- Answer any questions or concerns about vaccine safety and effectiveness.
- Help you stay up to date so you're protected throughout the year.

Vaccination is one of the safest and most effective ways to prevent serious illness. During National Immunization Awareness Month, take a few minutes to make sure you're up to date. A simple conversation with your primary care provider can help protect your health today and in the future.

**Join Our August Health Talks!**

Join us for our Health Talk on August 5 from 12-1 p.m. to learn more about ADHD & Tips for Back to School.

Visit **QPICSA.com** and click the Health Talk banners on the homepage to learn more and sign up!

**Need a Primary Care Provider?**

HealthTexas is accepting new patients and offers same-day appointments for established patients, along with Saturday appointments help fit your schedule.

- **Premier Personalized Care**
- **Televisits Available**
- **Short Wait Times**
- **Timely Referrals & Authorizations**
- **Saturday & Extended Hours Care**
- **Same Day Sick Appointments**
- **Hablamos Español**

Healthy Recipe

Grilled Chicken & Summer Corn Salad

Pair this meal with a glass of water infused with fresh citrus or mint to stay hydrated during the Texas summer heat.

Ingredients

- 2 boneless, skinless chicken breasts
- 2 ears fresh corn, husks removed
- 2 cups mixed greens or spinach
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 avocado, diced
- ¼ cup red onion, thinly sliced
- ¼ cup crumbled feta cheese
- 2 tablespoons fresh cilantro or basil, chopped

Dressing

- 3 tablespoons olive oil
- Juice of 1 lime
- 1 teaspoon honey
- 1 clove garlic, minced
- Salt and black pepper, to taste

Directions

1. Season the chicken with salt and pepper and grill for 6–7 minutes per side, or until fully cooked. Let rest for 5 minutes before slicing.
2. Grill the corn for about 8–10 minutes, turning occasionally. Once cool enough to handle, slice the kernels off the cob.
3. In a large bowl, combine the greens, grilled corn, tomatoes, cucumber, avocado, red onion, feta, and fresh herbs.
4. Whisk together the olive oil, lime juice, honey, garlic, salt, and pepper.
5. Top the salad with sliced grilled chicken, drizzle with the dressing, and toss gently before serving.



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