

# For the Love of Your Health

 Fitness • Nutrition • Wellness • Summer Camp 

**Premier Medical Group Welcomes**  
**KATHLEEN MANTARO, M.D., FACP**  
 to our Internal Medicine Division


Dr. Mantaro is currently accepting new patients at our Fishkill – Internal Medicine location.  
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In these times when so much of our health focus has been on COVID-19, it's important to remember that health and wellness is about caring for our whole person. That means eating right, exercising more and taking care of our physical and mental health.

And, for young people summer camp offers a chance to learn non-computer activities from swimming and soccer to theater and art and also gives children a chance to make new friends from towns across the region and with diverse backgrounds.

Healthcare professionals, restaurateurs, summer camp directors, and mental and physical therapists all know the importance of caring for your whole person. Make an appointment or sign up and let them know you saw their ad in **your** community weekly newspaper.

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# For the Love of Your Health

**Fitness • Nutrition  
Wellness • Summer Camp**

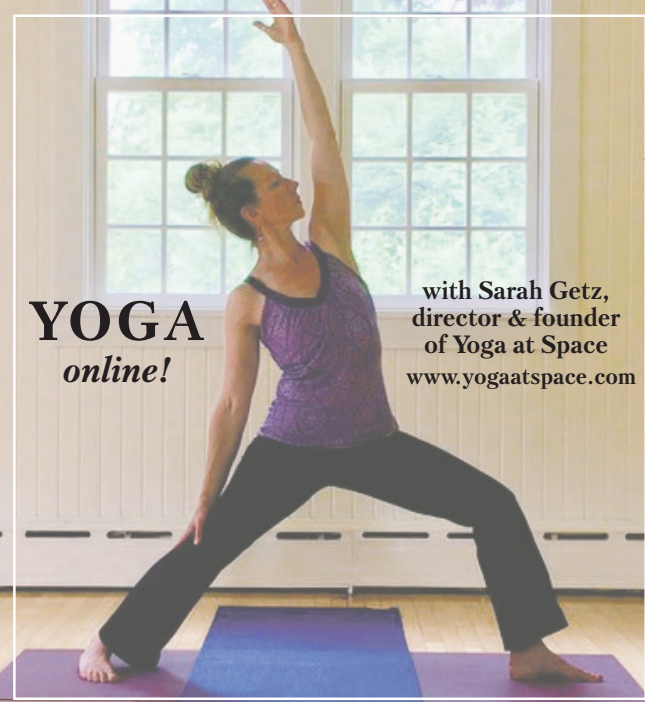


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