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Clinic uses fun program to promote wellness

Kids encouraged to track healthy habits in Care First Walk-in Clinic program

LIBERTY HILL, Texas - Care First Walk-in Clinic has launched Healthy Kids, a program that promotes wellness by encouraging kids in the Liberty Hill Community to practice such healthy habits as eating vegetables and getting proper sleep.

Participants track their personal health goals each week on a take-home Healthy Kids chart. At the end of a week, kids bring their completed chart to Care First for a prize.

Kaela Thurman, clinic owner and family nurse practitioner, runs the program.

"We really wanted a fun way to encourage kids to remember their healthy habits," Thurman said. "So much of wellness is about taking good care of yourself, and it's never too early to start."

Anyone who wants to participate may come by the clinic, 12701 W. state Highway 29 to pick up a chart.

Care First opened November 2017 and has been providing primary and select urgent care to the Liberty Hill community. Thurman said they have enjoyed getting to know the families in the area.

"Everyone has been so welcoming and kind," Thurman said. "We're really happy to be a part of Liberty Hill."

Care First is open 7 a.m. to 6 p.m. Monday through Friday, and 9 a.m. to 1 p.m. Saturday.

About Care First

Care First Walk-in Clinic is a primary and select urgent care clinic serving the Liberty Hill region. Specializing in treating minor illness and injury for patients 1 year and older, the clinic also offers preventive care, physical examinations and healthy living programs. Care First aims to treat its patients like family members and provide truly quality service as part of the Liberty Hill community. More info: carefirstclinic.com.

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