

## In This Issue:

Patient Portal Now Available!

Healthy Eating at Summer Parties

Maintaining Your Fitness Routine While On Vacation

Take Care of Your Skin This Summer!

LaRoche Posay sunscreen

DermaCenter Monthly Specials

July is here, and the specialists at RWWC have great advice on how to make the most of the heat, sun, and fun of summer. We're offering special deals on facials and our experts can help you make positive wellness decisions whether you're headed to a vacation, a barbecue, or staying home with friends and family. Read below to learn more!

## Patient Portal now available for: secure emails, referral and Rx refill requests.



At the Rittenhouse Women's Wellness Center we hope to achieve optimum communication between our practice and our patients. We recently implemented a patient portal which is located on our website at [www.rwwc.com](http://www.rwwc.com).

Through our new patient portal, patients will have access to:

- send and receive secure emails to and from the Physicians and staff at RWWC.
- We also ask for all medication refill requests and referrals be submitted through this system as well. Please request referrals at least 2 weeks prior to scheduled appointment.

**Please call our office at 215-735-7992 ext. '0' in order to set up your patient portal account.**

## Healthy Eating at Summer Parties



Summer has finally arrived and it's time for outdoor parties and BBQs. While lots of fun and a summer tradition, these parties can often be a challenge for those who are trying to make healthier eating choices. Refer to our website to read about a few tips and healthy recipes for you to keep your healthy eating on track and still enjoy your summer parties.

## Maintaining Your Fitness Routine While on Vacation

Summer is here, which means that many of us will be taking time away from work to relax, recharge, and explore somewhere new and exciting. Whether you're headed across the globe or just a car ride away, taking a vacation means that your typical routine is shaken up a bit. While this may do wonders for your frame of mind, it often means that your workout schedule suffers as a result. We're going to offer some tips on making sure that you can keep up with your exercise plan even when you're not at home.



To continue reading about maintaining your fitness routine while on vacation, visit [rwwc.com](http://rwwc.com) and follow the Wellness center tab to our Blog.

## Take Care of Your Skin This Summer!



The heat and humidity of summer can wreak havoc on your skin. Increased exposure to the sun leads to sunburns and soreness in the present and can be a cause for wrinkles, toughness, and deadly skin cancers in the future. Humid air creates the right conditions for acne and oily skin. Despite all of this, your skin need not suffer as a result of the

weather. [Visit our Blog at rwwc.com](http://rwwc.com) to discover what you can do to combat the multitude of skin problems that rise with the temperature.

**Also, LaRoche Posay sunscreen now available at our DermaCenter Medical Spa!**  
*Best of beauty winner and top rated.*

Rittenhouse Women's Wellness Center is now pleased to offer our patients a new sunscreen line for the summer months! La Roche Posay is a unique organic UV sunscreen that provides protection against UVA and UVB waves. Some benefits of this sunscreen are:

- Non-greasy, dry finish texture
- Dermatologist and allergy-tested
- Fragrance-free and PABA-free

Anthelios has also been rated on the Environmental Working Group as one of the best sunscreens available.



## DermaCenter Monthly Specials

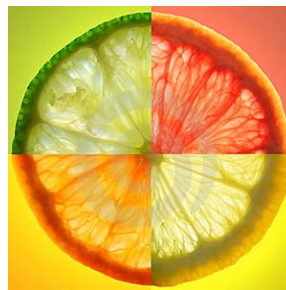
### Citrus Summer Facial \$75

- This 60 minute facial session is devoted strictly to the skin on your back, neck and shoulders. By ensuring the skin on your back is treated with the same care and attention as you would with your face, it will leave you feeling smooth and supple and free of blemishes,

redness and dryness.

### Summer Back Facial \$90 -

Get your summer glow with this refreshing 60 minute customized facial. Inspired by a rare combination of essential oils and the concentrate of natural active ingredients, this facial includes exfoliation, massage and hydration leaving your skin feeling bright and energized. To schedule an appointment call 215-735-7990 ext. 0 or visit our website at [rwwc.com](http://rwwc.com).



## About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

