

Example of how content I developed was featured in the monthly E-Newsletter

Kissing 100 Pounds Goodbye



In her late 30s, Crystal Messick knew losing weight wouldn't be an easy feat. But she also knew her life depended on it. She's dropped more than 100 pounds and shares her story as an inspiration to others who might be hesitant about exploring weight loss surgery options.

[Read More.](#)



Here so You Know: Congestive Heart Failure



Cardiologist Roberto Scaffidi, MD, is passionate about your heart health. He shares a series of videos to get you in the know about important heart health topics. Dr. Scaffidi happens to be the chair of the Southern Delaware Heart Walk for 2022. And he wants you to get heart-smart!

[Watch Video.](#)



The Differences Between COVID-19, Flu, Allergies and Colds



When you have a sore throat, runny nose, or cough, you might wonder if you have COVID-19, allergies, a common cold, or the first signs of the flu. Since each have similar symptoms, it's hard to know the difference. Let us help you navigate what to do next.

[Read More.](#)

How to Improve Energy as a Grandparent



Improve your energy levels and make the most of your time with your grandchildren with these helpful tips from Bayhealth Family Medicine Doctor Pavandp Virdi, MD.

[Read More.](#)

Taking Baby Steps Toward a Healthy Lifestyle



Creating healthy habits that stick has its challenges. But Bayhealth Primary Care Physician Paul Pulchry, DO, offers small steps that will build on each other over time. He shares how to take baby steps toward a healthy lifestyle and offers six tried-and-true tactics that are manageable no matter how busy your schedule may be.

[Read More.](#)



Take Our Survey: It's a Win-Win

Bayhealth cares about your health. When you take our Community Health Needs Assessment survey, you'll help us meet the healthcare needs of you, your family and your neighbors. Plus, you can enter to win a \$100 gift card.

[Learn More](#)