



Push MedSpa

Integrative & Wellness Care

PREVENT. PROTECT. EMPOWER.

HEARTREADY YOUTH WELLNESS PROGRAM

Program Information & Enrollment Packet

PROGRAM OVERVIEW

The HeartReady Youth Wellness Program was created to help promote heart health awareness and early detection for youth and students of all activity levels. This program offers affordable EKG screenings designed to help identify potential heart rhythm abnormalities or hidden cardiac concerns that may otherwise go unnoticed.

MISSION

Our mission is to help families, schools, churches, youth organizations, athletic groups, and community leaders take proactive steps toward protecting the health and wellness of young people.

WHO THE PROGRAM IS FOR

- Elementary, middle school, high school, and college students
- Student athletes and sports teams
- Youth organizations and church groups
- Homeschool groups
- Students beginning summer activities or sports training
- Any parent wanting preventative wellness screening for their child

WHAT IS INCLUDED

- 12-lead EKG screening
- Basic heart rhythm review

- Educational information on youth heart health
- Guidance if additional follow-up is recommended
- Mobile group screening options available

WHY THIS PROGRAM MATTERS

Many heart conditions in youth can go unnoticed because symptoms may not always be obvious. Preventative screenings can help families become more aware of potential concerns and encourage proper medical follow-up when necessary.

PROGRAM BENEFITS

- Affordable wellness screening
- Promotes preventative care
- Encourages heart health awareness
- Convenient mobile testing available
- Helps provide peace of mind for parents and guardians
- Supports healthy and active lifestyles

MOBILE TESTING OPTIONS

Mobile testing is available for schools, organizations, sports programs, churches, and community groups with a minimum of 10 or more youth participants.

APPOINTMENT INFORMATION

Appointments are required. No walk-ins.

Location:

Push MedSpa Integrative & Wellness Care
25301 Borough Park Drive
The Woodlands, Texas 77380

Phone: 936-228-1764

Website: www.pushmedspa.com

IMPORTANT DISCLAIMER

The HeartReady Youth Wellness Program is intended for wellness and preventative screening purposes only. This screening is not a substitute for a full medical

evaluation, diagnosis, or treatment by a physician. Any abnormal findings may require follow-up with a licensed healthcare provider or specialist.

FREQUENTLY ASKED QUESTIONS

What is an EKG?

An EKG is a quick, painless test that records the electrical activity of the heart.

How long does the screening take?

Most screenings take approximately 10–15 minutes.

Do students need to be athletes?

No. The program is open to all students and youth.

Can schools or organizations schedule groups?

Yes. Mobile testing is available for groups with 10 or more youth participants.

Do parents need to be present?

Parent or guardian consent may be required depending on the age of the participant.

COMMUNITY IMPACT & SPONSORSHIP OPPORTUNITIES

WHY COMMUNITY SUPPORT MATTERS

The HeartReady Youth Wellness Program was created to help increase awareness surrounding youth heart health and preventative wellness screening in our communities. Many families may not have access to affordable preventative heart screenings, making community partnerships and sponsorships essential to expanding access and awareness.

OUR COMMUNITY GOALS

- Increase access to preventative heart wellness screenings for youth
- Promote early detection and heart health awareness
- Partner with schools, churches, sports organizations, and community leaders
- Educate families about proactive wellness and healthy lifestyles
- Help reduce barriers to preventative healthcare services

HOW SPONSORS CAN HELP

Sponsors and donors play an important role in helping us reach more children and families. Community support may help provide:

- Sponsored EKG screenings for youth
- Free community wellness events
- School and youth organization outreach
- Mobile screening opportunities in underserved areas
- Educational heart wellness materials for families

WHO CAN BECOME A SPONSOR

We welcome partnerships from:

- Local businesses
- Churches and ministries
- Nonprofit organizations
- Community leaders
- Healthcare advocates
- Sports organizations and booster clubs
- Individual donors and families

SPONSORSHIP OPPORTUNITIES

Potential sponsorship opportunities may include:

- Sponsoring individual students or youth participants
- Sponsoring school or community wellness events
- Supporting mobile screening outreach
- Partnering for back-to-school wellness initiatives
- Supporting youth organizations and athletic programs

OUR VISION

Our vision is to build stronger, healthier communities by making preventative heart wellness more accessible for youth and families. Through collaboration, education, and community partnerships, we hope to create lasting impact and encourage healthier futures for the next generation.

BECOME A COMMUNITY PARTNER

If you are interested in sponsoring screenings, partnering with our outreach efforts, or supporting the HeartReady Youth Wellness Program, please contact us.

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MEDICAL & WELLNESS TEAM

The HeartReady Youth Wellness Program is supported by experienced healthcare and wellness professionals committed to promoting preventative care, youth wellness, and community health awareness.

Dr. Henry L. Burkholder – Cardiologist

Providing cardiovascular expertise and support for preventative heart wellness initiatives.

Dr. Yulander Taylor, ND – Naturopathic Doctor

Focused on integrative wellness, preventative care, education, and whole-body health support.