

Your Annual Wellness Visit: More Than Just a Check Up

Even if you feel great, your annual wellness visit is key to staying healthy. It helps you catch silent issues early, review medications, check in on mental health and keep your care plan up to date.

[Learn more](#)


Why Getting Your Flu Vaccination Matters This Year More Than Ever

Flu shots are available now at our clinic—schedule yours today! In this quick guide, we explain why the flu shot matters—as well as what other vaccines you should consider getting before winter arrives.

[Learn more](#)


Are Temple Headaches Disrupting Your Day? Here's What to Know

Temple headaches can be frustrating—but the good news is they're often manageable. In this quick guide, we break down common causes like stress, eye strain, or sinus issues and share simple ways to find relief at home.

[Learn more](#)


Manage Your Stress for a Healthier Life

Stress affects your body and mind, but simple steps like exercise, better sleep, and setting boundaries can help. If stress feels overwhelming, your doctor or APP can support you with a personalized plan.

[Learn more](#)

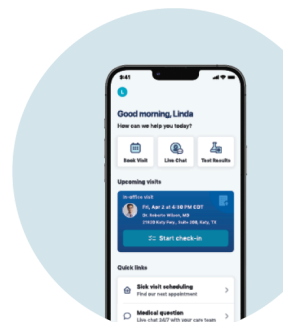

Journey to Well Blog

Visit our blog for more information on various health topics and explanations about the healthcare system.

[Visit Journey to Well Blog](#)

Here for you, 24/7

Download our app for the tools you need to stay on top of your health.



Find a Village Medical Near You

Schedule an appointment at any of our convenient locations near you.

[Find a location](#)


3003 N. Central Ave., Suite 1200
Phoenix, AZ 85012



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If you would like to [make an appointment](#), learn more about our services or view our [No-Show/Late Cancellation policy](#), please visit us at www.villagemedical.com.

If this is a medical emergency, please dial 911.