



Press Release
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A Fresh Start for Health in the New Year

Knox County Hospital District encourages realistic wellness goals and preventive care for 2026

KNOX CITY, Texas (Dec. 18, 2025) — The beginning of a new year offers a natural opportunity to pause, reflect, and think intentionally about personal health and well-being. As residents across Knox County turn the calendar page, Knox County Hospital District (KCHD) encourages individuals and families to focus on small, practical steps that support long-term wellness rather than short-lived resolutions.

Rather than pursuing dramatic lifestyle changes that can be difficult to maintain, healthcare providers at KCHD emphasize the importance of consistency, prevention, and personalized care. Establishing healthy routines early in the year can help improve energy levels, lower the risk of chronic disease, and support both physical and mental well-being throughout the months ahead.

“The new year doesn’t have to be about doing everything at once,” said Dr. Ruth Ebangit, a healthcare provider at Knox City Clinic, a service of Knox County Hospital District. “It’s really about making a few positive choices and building on them over time. When goals feel realistic, people are much more likely to stick with them.”

One of the most important steps residents can take at the start of the year is scheduling an annual wellness exam. These visits allow medical providers to review health history, talk through lifestyle habits, and monitor changes that may affect overall wellness. Annual exams often include lab screenings such as blood sugar and cholesterol checks, along with age-appropriate preventive screenings based on individual health needs.

Preventive care continues to be one of the most effective tools for protecting long-term health. Many conditions, including heart disease, diabetes, and high blood pressure, can often be managed more successfully when identified early. Medicare and most insurance plans cover annual wellness exams, making them accessible for many patients.

Healthcare providers also encourage residents to stay current on recommended vaccinations during the winter months. Although the holidays have passed, illnesses such as influenza frequently peak in January and February, making vaccination an important step in protecting individuals, families, and vulnerable community members.

Physical activity is another essential part of overall wellness, and it does not require expensive equipment or intense workout programs. Medical providers recommend choosing activities that fit

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naturally into daily routines, such as walking, stretching, light strength training, or participating in recreational activities with friends or family. Regular movement supports heart health, improves balance and mobility, and can boost mood and energy levels.

“Nutrition also plays a key role in maintaining health throughout the year,” Dr. Ebangit said. “Rather than following restrictive diets, healthcare providers encourage balanced eating that includes fruits, vegetables, whole grains, lean proteins, and proper hydration. Small, gradual improvements and mindful portion choices can make healthy eating more sustainable over time.”

Mental and emotional wellness are equally important, especially as many people begin the year carrying stress from the holiday season. Creating time for rest, connection, and activities that bring enjoyment can help improve resilience and overall quality of life. Establishing healthy sleep routines, spending time outdoors, and staying socially connected all contribute to better overall well-being.

As the new year begins, Knox County Hospital District also pauses to recognize the people who make local healthcare possible.

“We are deeply grateful for the continued trust and support of our community,” said Stephen Kuehler, CEO of Knox County Hospital District. “Our medical staff, healthcare providers, and hospital team members are committed to caring for our neighbors every day, and we are honored to serve Knox County.”

Kuehler also emphasized the importance of local healthcare access as residents plan for the year ahead.

“Having quality care close to home matters,” Kuehler said. “Our team works hard to ensure patients can receive preventive services, routine care, and ongoing support right here in their own community, and we look forward to continuing that commitment in the year ahead.”

“Knox County Hospital District remains dedicated to providing accessible, high-quality healthcare close to home,” Kuehler said. “From preventive services and routine care to diagnostic testing and ongoing treatment, local medical providers are available to support patients at every stage of life.”

Residents are encouraged to schedule wellness exams, vaccinations, and routine appointments early in the year to stay ahead of their health needs. Appointments may be scheduled by calling the Knox City Clinic at 940-657-3906 or the Munday Clinic at 940-422-5271.

For additional information about programs and services offered by Knox County Hospital District, visit www.knoxhospital.org.

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About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.