Discover Long Island
LIRR/NYC&Co

63 Bus Shelters & 2 Newsstands
Total Impressions: 39.7MM
Discover Long Island is proud to collaborate with Dr. Michele C. Reed. Long Island native and Board Certified Family Medicine Physician, Dr. Reed will act as an advisor on health and safety-related topics to improve岛上居民的健康。她将分享旅游与安全的建议，同时提供关于如何安全地享受Long Island的旅游景点和户外活动的建议。

Dr. Michele C. Reed

Dr. Michele C. Reed is a Board Certified Family Medicine Physician who is passionate about promoting healthy lifestyles and safe travel. Her experience in public health and preventive medicine has prepared her to guide others through the challenges of navigating a healthy and safe life on Long Island.

Wellness Tips

1. Stay hydrated
2. Wear sunscreen
3. Pack a healthy snack
4. Avoid excessive alcohol consumption

Tips for Safe Travel

1. Keep your wallet and passport in a secure place
2. Be aware of your surroundings
3. Use reputable travel agencies
4. Eat at local restaurants

Visit our website for more tips and resources on how to enjoy Long Island safely and healthily.

www.discoverlongisland.com

Contact Us:

info@discoverlongisland.com

Phone: 1-800-LONG ISLAND
New

This free mobile passport is available for a limited time!