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5 facts to know about the flu shot

Learn how getting an early flu shot can help keep you healthy and protect the ones you love.



Sneak in more heart-healthy omega-3 with these tips

Salmon? Walnut butter? Chia seeds? Find out which foods pack an omega-3 punch.



How to build healthy habits that stick

Ready to turn healthy aspirations into healthy habits? Try these 6 tips.



Recipe: Zucchini fritters

Pair these crispy fritters with a green salad for a delicious dinner.