Stay safe in rivers and lakes

Swimming in the river is not the same as swimming in a pool, especially for kids. Help prevent drownings with these safety tips.

How to manage an asthma attack
According to the American Lung Association, over 26 million people in America are living with this chronic, respiratory condition. Learn more on our Wellness page.

How nature improves your health
Research continues to demonstrate that being outside and experiencing nature can improve our mental health and increase our ability to focus. Here are some reasons why we all can benefit from taking a nature break.

Hypertension: The silent killer
Hypertension can lead to heart attack, stroke, and kidney disease. Nearly half of American adults have hypertension and for nearly 37 million of them, the condition is uncontrolled. Learn more.

News you can use — Wellness

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