

5 Things

you can do right now as part of your wellness routine



1. Home Safe Home

June is Home Safty Month. Review tips to prevent falls,accidental poisonings, fires and burns,choking and other potential hazzards

2. Take a Bath

Baths reduce stress, open pores, and remove toxins. The New England Joutnal of Medicine reports that soaking in warm water may also reduce blood sugar levels.

3. Get Your Omega 3s

These unsaturated superstar fats may help with a variety of health issues. Good sources are flaxseeds, walnuts, fatty fish (salmon, mackerel, tuna), tofu,olive oil and winter squash.

4. Consider Travel Insurance

Travel insurance can protect against trip cancellation, medical expenses, lost or stolen baggage, unforeseen weather conditions or accidents.

5. Be Spontaneous

Buy a stranger a cup of coffee. Enroll in a class you've always wanted to take. Give a flower to your grocery cashier. The possibilities are endless.