Health and Wellness Tip of the Week

Week 47 – November 18, 2019

Finding Support

Being a caregiver can mean wearing lots of hats throughout the day – chef, nurse, handyman and so many more. It's important to have a good support network around you. Friends, family, health care professionals, support groups and counselors are just a few of the great resources available to lend a hand.

If you or a caregiver you know needs a little help, encourage him or her to reach out for support.

Source: Centers for Disease Control and Prevention

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Our mission is to promote health awareness and encourage healthy lifestyles.

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