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## Eat right to counter the “Quarantine 15”

The “Quarantine 15” is a buzzword for weight gained from spending many months stuck inside, filling up on high-calorie comfort foods. Fortunately, making a few tweaks to your habits can start you on the road to a healthier weight. Read on for some ideas:

[Find out more](#)



### Nourish yourself to flourish

Worrying about the future, overexposure to



### Helping a senior loved one stay engaged

Helping a loved one who lives alone and

distressing news stories, and juggling work and home life can quickly result in burnout, lack of energy and motivation, and feelings of hopelessness. As we continue to look for a sense of normalcy to return, it is important that we make the best of our current situations, and continue to adapt and cope. These tips can help you nourish yourself with the goal of flourishing.

[Find out more](#)

without assistance remain healthy and independent is a challenge, especially during the pandemic. Try these tips that include tapping the power of tech tools to help your aging loved one stay safely engaged physically, mentally and socially.

[Find out more](#)

## Nutrition Month



Good nutrition has less to do with the latest eating trend or buzz-worthy ingredient and everything to do with having a well-rounded diet. It's easier to achieve than you may think. Visit:

<https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html>



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