Kindness Is the Best Medicine

Offering kindness is a simple but effective gesture to help others get through challenging times—and it can help you, too. Researchers found that kindness releases mood-lifting brain chemicals that help lower stress, create emotional warmth and feelings of pleasure, increase self-esteem, protect your heart, improve health outcomes, and can even help you live longer and be more successful! The benefits work best if kindness is repetitive. Here’s how to make it a habit.

Find out more

Diabetes Awareness Month: What You Should

Cultivate Optimism

With so much uncertainty these days, it’s hard
More than 34 million Americans (about 1 in 10) have diabetes, and approximately 95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but children and young people are also developing it. It’s important to understand what you can do to help prevent or delay type 2 diabetes.

Diabetes Awareness Month
1 in 3 American adults have prediabetes, yet 8 in 10 do not know they have it. Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years. To find out if you are at risk, take this 60-second test from the American Diabetes Association https://diabetes.org/risk-test