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## Get on track with health tests and screenings!

During the pandemic, you may be among the millions who put off getting screening tests for cancer and other diseases. However, a postponement could delay a diagnosis and treatment for a health problem.

[Find out more](#)



## The importance of winding down

At the end of the day, do you feel frazzled,



## The best help to offer aging parents

Like many adults, you may have a senior

quick to anger, and/or anxious? With all of our day-to-day obligations, the pressures of home and work life, and other issues you and your loved ones may be facing, it is easy to get caught in a whirlwind of stress, frustration and anxiety. The culmination of these feelings can be detrimental to your physical and mental health if you don't have an outlet(s) to release these feelings and calm down. These tips can help you wind down and regain a sense of balance at the end of your day.

[Find out more](#)

parent or parents facing health, financial, safety or other issues including prolonged isolation brought on by the pandemic. If so, you may wonder how to respectfully help them navigate aging for better well-being. Here are some tips to consider:

[Find out more](#)

## Immunization Awareness Month



Over the past few years, the COVID vaccines may have been the immunization that is most top of mind. To learn about other vaccinations, the CDC's handy assessment tool, What Vaccines Do You Need? aimed at those 19 or older, can guide you based on your age, medical status, job and other factors. <https://www2.cdc.gov/nip/adultimmsched/>.

Go to the CDC's main vaccination site and search the immunization schedule for infants, children, pre-teens, pregnant women, travel and more: <https://www.cdc.gov/vaccines/schedules/>.



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### 24/7 Support

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