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## **Health And Wellness For Life**

It's the summer we've all been waiting for. Trips that were cancelled in 2020 are

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finally happening. The clothes that have yet to see the light of day are finally stepping out, too. Re-emerge looking ...

## **Health Supplements For Staying Fit, Focused And Ageless This Summer**

To survive and then to thrive, it's time for a hierarchy of healthcare technology that reflects the complex

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needs and realities of  
today's patients.

## **The Opportunity And Responsibility For Tech Companies In The Digital Health Revolution**

Wingers Restaurant &  
Alehouse announced  
today that the  
company has  
welcomed Abbey  
Bronzati as its first-e.  
In this inaugural role,  
Bronzati - a certified  
personal trainer and

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Precision Nutrition  
Level 1..

## **Wingers Appoints First-Ever Director of Health and Wellness**

Nike and the Crisis  
Text Hotline are  
partnering together to  
encourage people to  
ask for mental health  
support whenever they  
need it.

## **Nike and Crisis Text Line Are Teaming Up**

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**To Empower People  
To Ask for Mental  
Health Support**

One of your neighbors posted in Health & Fitness. Click through to read what they have to say. (The views expressed in this post are the author's own.)

...

**The Greatest Gift for  
Mom: Health and  
Wellness**

Wellness Wednesday  
will take place May 12



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from noon to 5:30 p.m.  
at Catalyst Life  
Services (The Rehab  
Center building next to  
the health  
department), 270  
Sterkel Boulevard.

## **Wellness**

**Wednesday set for  
May 12 at Catalyst  
Life Services**

Movement and  
mindfulness educator  
Catherine Ekeleme  
talks about the healing  
benefits of yoga and

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breathwork or Black  
folks.

## **Mindset and Movement Educator Catherine Ekeleme Talks Yoga and Breathwork As Healing For Black Folks**

The pandemic has heightened the sense of isolation that many men were already feeling, but it may also be helping men become more aware of

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their mental health and needs.

## **The Covid pandemic is highlighting men's mental health and how they can seek help**

Gero, a data-driven longevity company that fights the aging process with AI, deep learning, and scientific research, announces launching its new product GeroSense API for the wellness

# Get Free Health And Wellness For Life Chapter industry - an AI ... Answers

## **Gero announces GeroSense API to quantify health and revolutionize the wellness industry**

Sure, we all love Calm and Headspace, but these lesser-known mental health apps will help you manage your symptoms, track your mood and improve your quality of life.

**The Best Mental**  
*Page 12/22*

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## **Health Apps for Digital Wellness**

April is Health and Wellness month and National Nutrition Month. The following information is from the Academy of Nutrition and Dietetics and also shared by Middlesex County. This information is ...

## **April is Health and Wellness and National Nutrition Month**

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FOR MORE THAN A YEAR COVID-19 HAS DOMINATED OUR LIVES AS THE PANDEMIC SLOWLY STARTS TO EASE. IT'S BEING LINKED WITH MORE AND MORE CASES OF POST-TRAUMATIC STRESS. ROB HUGHES EXPLAINS THE WARNING SIGNS ...

**'Keep going':  
Doctors encourage  
mental health  
wellness due to**

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## **pandemic trauma**

On the campus of Kutztown University, those behind Health and Wellness Services say years of data and the pandemic are reshaping the way some students approach college life.

**Kutztown University  
prepping new  
housing and  
wellness program  
for students coming  
to campus this fall**

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Law firms across the country are now able to sign the ABA Well-Being Pledge and offer resources and confidentiality to help lawyers with substance-use disorders and mental health issues.

**Health and Wellness  
Embraced Well  
Before COVID-19,  
but Firms Have  
Bolstered Offerings**

Chicago Dancers  
United (CDU), which



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supports the health and wellness of Chicago's professional dance community, announces that its primary annual fundraiser, Dance for Life, will take place live and ...

## **Dance For Life 2021 Returns To Live Stage This Summer**

CVS Health (NYSE:CVS) today announced new initiatives to support women's health and

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wellness in May,  
including offering ...

**CVS Health  
Announces New  
Initiatives to  
Support Women's  
Health and Wellness  
in May**

University of Phoenix  
will join forces with  
Give an Hour® for the  
third annual Week to  
Change Direction May  
10-16, 2021. Give an  
Hour is a national no ...

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**University of  
Phoenix and Give an  
Hour® Join Forces  
During the Annual  
“Week to Change  
Direction,” Held  
During Mental  
Health Awareness  
Month, to Work  
Together to Change  
the ...**

YourCoach.Health  
today announced that  
it will be expanding its  
services into corporate  
wellness, partnering  
with global

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organizations to deliver individualized, health coaching services to employees.

## **YourCoach.Health Announces Employer Partnerships for Individualized Health Coaching Services and Gamified Pricing Model for Coaches**

CNW/ - In light of  
Mental Health  
Awareness Week,  
Lafarge Eastern

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Canada is pleased to highlight and celebrate the recent implementation of Wellness@Lafarge—a program designed to support employees' ...

**Building for People  
and the Planet:  
Lafarge Eastern  
Canada brings  
wellness to the  
forefront,  
supporting  
employees' health  
and wellbeing**

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Answers  
As the world returns to normalcy, HR has taken the driver's seat to guide employees safely back into the office.

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