

# HealthyWay

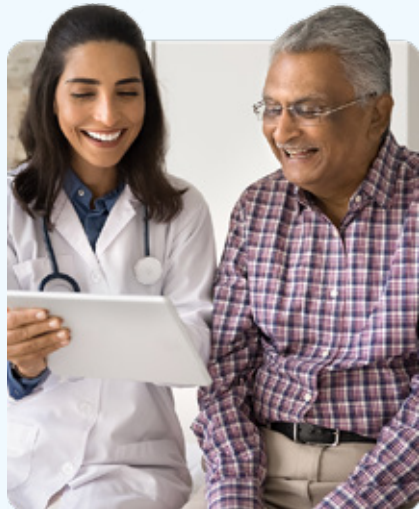
**SMALL CHANGES. BIG RESULTS.**

Your guide for everyday wellness.



## Women's health matters!

We get it. Life gets busy, and women are often the first to put their own health on the back burner. From routine screenings to managing stress and staying active, small steps can make a big difference over time. Taking good care of yourself isn't selfish. Not at all! It's part of staying healthy for the people who count on you each and every day. You've got this. And we've got you.



## Men, don't ignore the signs

Many men try to "tough it out", ignoring symptoms or skipping checkups, but health problems are easier to treat when caught early. Taking care of your health now can help you stay stronger and healthier in the future.



## Make wellness a yearly habit

As older adults, you make the world better by sharing your wisdom, kindness, and life experience — so it's vital to help you stay strong, happy, and independent for as long as possible. Your Annual Wellness Visit is a key part of that. It's your chance to review medications, catch concerns early, and make a plan to keep thriving. You've got the power to lead your healthiest life!

## You feta believe this toast is delicious

Berry sweet, mango-nificent and topped with tangy feta, these colorful toast points pack big flavor in every bite. Perfect for brunch or lunch and proof that the best things in life are worth toasting!