



The best way to prevent influenza is to get a flu vaccine every year. The influenza virus is constantly changing.

- It is recommended that everyone over the age of 6 months receive the yearly influenza vaccine.
- Children between 6 months and 8 years of age may need two doses of flu vaccine to be fully protected from flu. Discuss this with your child's healthcare provider.
- Children younger than 6 months of age are at higher risk of serious flu complications but are too young to get a flu vaccine.
- A high potency flu vaccine is available and recommended for those over 65. Discuss this with your healthcare provider.
- The best time to get the flu vaccine is soon after it becomes available in the fall of each year.

For more information visit www.lung.org

Types of Tea



Green, Black, and White Tea

Tea is a name given to a lot of brews, but purists consider only green tea, black tea, white tea, oolong tea, and pu-erh tea the real thing. They are all derived from the *Camellia sinensis* plant, a shrub native to China and India, and contain unique antioxidants called flavonoids. The most potent of these, known as ECGC, may help against free radicals that can contribute to cancer, heart disease, and clogged arteries.

Herbal Teas

Made from herbs, fruits, seeds, or roots steeped in hot water, herbal teas have lower concentrations of antioxidants than green, white, black, and oolong teas. Their chemical compositions vary widely depending on the plant used.

Source: webmd.com

Planting Your Own Garden

“Backyard gardening can inspire you to take an interest in the origins of your food and make better choices about what you put on your plate,” says Dr. Helen Delichatsios, an internist at Harvard-affiliated Massachusetts General Hospital. “When you grow your own food, you savor it more because of the effort it took to get to the table.”



What to grow in late August
These crops take 60 days to mature

Root Crops

- Turnip
- Leek
- Early carrots
- Kohlrabi

Leaf Crops

- Swiss chard
- Collards
- Winter cauliflower
- Early cabbages

Source: health.harvard.edu

Stretching Safely

Stretching can increase flexibility and improve your joint's range of motion, helping you move more freely. And ensuring that you have equal flexibility on both sides might help protect you from injury.

Before stretching, warm up with five to 10 minutes of light activity. Better yet, stretch after a workout. Keep stretches gentle and slow. Don't bounce. Breathe through your stretches. If you feel pain, you've stretched too far.

If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

Source: mayoclinic.org



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