

December 2022



6 warning signs of a heart attack in women

A heart attack can feel different for women than men. Make sure you know common symptoms and risk factors.



10 healthy recipes you can easily make at home

Eating healthy doesn't have to be boring. Get inspired with these tasty recipes.



Brain-boosting activities to exercise your mind

Ready to exercise your brain for better mental fitness?



Recipe: Dark chocolate bark with pistachios and dried fruit

This tasty dark chocolate bark is easy to make and perfect for the holidays.