

5 Things



5 Things you can do right now as part of your wellness routine.

Brain stimulation. While video games may feel like child's play, today's high-tech brain games (like Brain Age™ and Wii™) will give your mind the stimulus it needs to stay sharp.

Picnic. Pack up the basket with the freshest vegetables of the season, hike or bike to your favorite get-away-from-it all place, and enjoy.

Visit a local festival. From wine to antique cars to artwork, taking in one of the Valley's festivals is sure to be a bounty for the senses.

Get your game on. Pick up a club, a racquet, a bowling ball... try a new activity! It's good for your body, mind and social life.

Schedule a colonoscopy. If you are 50 or older, a colonoscopy could reduce your risk of developing colon cancer.