

# 5 Things

you can do right now as part of your wellness routine



## **1. Home Safe Home**

June is Home Safty Month. Review tips to prevent falls,accidental poisonings, fires and burns,choking and other potential hazzards

## **2. Take a Bath**

Baths reduce stress, open pores, and remove toxins. The New England Joutnal of Medicine reports that soaking in warm water may also reduce blood sugar levels.

## **3. Get Your Omega 3s**

These unsaturated superstar fats may help with a variety of health issues. Good sources are flaxseeds, walnuts, fatty fish (salmon, mackerel, tuna), tofu,olive oil and winter squash.

## **4. Consider Travel Insurance**

Travel insurance can protect against trip cancellation, medical expenses, lost or stolen baggage, unforeseen weather conditions or accidents.

## **5. Be Spontaneous**

Buy a stranger a cup of coffee. Enroll in a class you've always wanted to take. Give a flower to your grocery cashier. The possibilities are endless.