Learn more about becoming a Valley Volunteer in Action Ambassador? Looking for eggs labeled as containing omega-3 fatty acids?

- Walnuts or walnut oil
- High omega 3 foods to add to your shopping cart

Here's how experts believe consuming omega-3 fatty acids:

- Lowers blood pressure slightly
- Lowers triglyceride levels
- Lowers the risk for arrhythmia, an abnormal heart rhythm
- Slow progress of the disease in those who already have it.

Two forms of omega fatty acids, omega-3 and omega-6, it is the healthcare provider and seek treatment from a mental health professional with depression. Encourage him or her to speak with a healthcare provider.

What to do if you notice signs of depression:

- Staying connected to other people through family, community
- Getting regular exercise

Tips for preventing depression:

- Feelings of hopelessness or helplessness
- Increase or decrease in appetite
- Decreased pleasure and interest in previously enjoyed activities

While these are typical signs of depression:

- Over 65? Want to Cut complications from flu, it's important to receive a medical provider.

This year, Valley Medical Center providers will have a limited standard dose. High dose vaccine is recommended for people 65 and older and contains four times the amount of antigen as the regular flu shot.

2. Wash hands often

Registrar to walk today at our We Are Valley Team Page & Stroke Walk, a non-competitive 5K at the Seattle Center is host to.

More Info | Register

For post stroke survivors, there is our quarterly HEART ATTACK? Center Auditorium.

PREVIOUS NEWSLETTERS

INFORMATION SESSION

September 22, 2016

FOR STROKE SURVIVORS

Buck, MD

HEART ATTACK?

A FUN, FESTIVE EVENING

CREATED JUST FOR YOU.

More Info | Register

Tour our beautiful new breast health

refreshments

September 22, 2016

Buck, MD

HEART ATTACK?

A FUN, FESTIVE EVENING

CREATED JUST FOR YOU.

More Info | Register

Tour our beautiful new breast health

refreshments

September 22, 2016

Buck, MD

HEART ATTACK?

A FUN, FESTIVE EVENING

CREATED JUST FOR YOU.

More Info | Register

Tour our beautiful new breast health

refreshments

September 22, 2016

Buck, MD

HEART ATTACK?