4. Discuss with your doctor any health issues that may pressure, the U.S. Centers for Disease Control and Prevention. High blood pressure is sometimes called “the silent killer.”

12. Reduces the risk of chronic diseases (like type 2 diabetes)

4. Improves mobility and balance

1. It's never too late to start an exercise program and with spring activity is better than none at all. Your health benefits will recommended activity goals, remember that some physical aren't regularly active, it's not too late to start. While there are

15 Reasons Why Staying Active Should be a Priority

1. Thinner skin

2. Using a bit of oil, slowly caramelize onions in a pan over low

3. Bring a list of all medications and doses, and your doctor's contact information.

5. More people develop skin cancer as the sun’s ultraviolet rays get stronger, and the skin becomes thinner in later years. With our society becoming more awareness of harmful ultraviolet light has increased. Sun protection should remain a priority throughout our lives because a burn in later

harmful ultraviolet light has increased. Sun protection should remain a priority throughout our lives because a burn in later

exposure, the primary cause of skin cancer, occurs after age 40. Since seniors have lived longer, they are more at risk because

thinned in the last few decades, our exposure to stronger, more

effects and do not appear very effective

systemic steroids; can be offered to patients with severe

Recommended Treatments

Why does sciatica hurt so much?

Best Treatments?

Dealing with Painful Sciatica—What are the

Is there anything you can do to make the pain

less intense or help it heal?

Why Support VIA?

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VIA is a nonprofit 501(c)(3) organization that serves all people living with

In Action

$114,000

Serving Pierce, Thurston and Lewis Counties

The Community Rewards Program helps VIA raise funds to support the needs of our community without increasing our

costs to our clients.

Amazon customers can designate VIA as the recipient of a portion of their Amazon purchases. Your purchase is processed

exactly like it would be if you initiated it directly on Amazon.com. The money is then deposited into VIA’s account, and VIA

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