

Health

- [Recipes](#)
- [Health](#)
- [Food](#)

Diabetes

Diabetes has been labeled the global health epidemic of the 21st century. While type 1 diabetes can't be prevented, the good news is that there are many ways you can take action and decrease your risks of developing type 2 diabetes.

Heart Health

Learn more about the symptoms of a heart attack and what to do if you witness it. There are ways to prevent heart issues and taking action now is can reduce the risk of a heart attack.

Oral Health

Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. There are many oral health problems that can reduce a person's quality of life, thereby affecting their physical, mental and social well-being. Learn more about how you can prevent these problems.

Signs of a Stroke

A common concern as we age is that it potentially increases our risk of us or our friends having a stroke. The Canadian Heart and Stroke Foundation has information on what to watch for in ourselves or others.

Walking Poles: A Healthy Idea BUT.....WHAT ARE THOSE THINGS?

I went to a course offered by Elder College, North [...]