

COMMUNIQUE



*The greatest gift you can give
your loved one is a
healthy you.
– Author unknown.*

Amish Recipe for Sinus Congestion

1 cp of honey.
1/3 cp of minced garlic.
1/3 cp of horse radish.
Stir with wooden spoon.
Take 1 tsp as needed to clear
sinuses.
(Attested to by this writer.)

Water Exercise Classes

There are drop-in, no fee
classes for Aquarobics and
Virtual Water Aerobics at the
Bay Club.

[Click here](#) for the benefits of
water exercise.

[Click here](#) for the pool
schedule.

**Lap swim requires sign
up. Sign up at the front
desk or call 360-437-2208.**

[This week at the Bay Club.](#)

The Health and Fitness
Committee meets on the first
Thursdays at 9:30 a.m.

Surgeon General Issues New Warning

Surgeon General Dr. Vivek Murthy has issued a new warning about the direct link between alcohol consumption and increased cancer risk.

According to the release, alcohol increases the risk for seven types of cancer: breast, colon, throat, liver, voice box, esophagus, and mouth cancers.

The Center for Disease Control and Prevention cites alcohol consumption as the third-leading preventable cause of cancer after tobacco and obesity.

According to Murthy, “alcohol contributes to about 100,000 cancer cases and 20,000 cancer deaths annually in the U.S...” He is also calling for labeling of cancer risks on alcoholic beverages. [Click here](#) for the full report.

February is American Heart Month

The purpose of American Heart Month is to inform and motivate Americans to adopt healthy lifestyles to prevent heart disease.

“Heart disease is the leading cause of death in the United States,” according to the National Heart Lung Institute (NHLI). One in four deaths is attributable to heart disease.

[Here is advice](#) on how to take care of your heart.

“Exercise should be regarded as tribute to the heart.”- Gene Tunney

[Heart attack signs](#) and a good visual guide of the heart and how plaque build-up looks and works.

If all of the above fails and you do have a heart attack [here is how](#) to recover.

