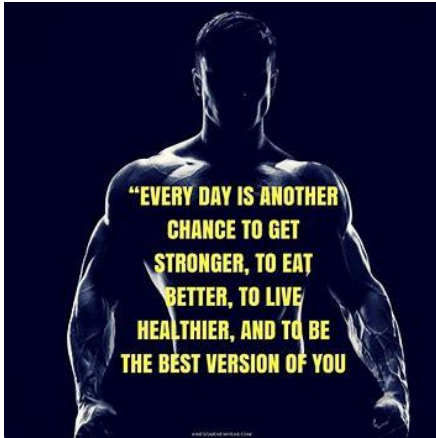


COMMUNIQUÉ



Ankle strength is important no matter your preferred physical activity and may be overlooked in your workout routine. Good balance relies on ankle strength also. [Here](#) are some ways to strengthen the ankle.

There is a [link](#) between oral health and overall physical health. Keep those dental appointments!

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

[Here](#) is a quick at home test that can gauge your overall health.

With the high cost of eggs [here](#) are some alternatives high in protein.

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

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

Cancer

According to the American Cancer Society, over 2 million new cancer cases (excluding non-melanoma skin cancers) are expected to be diagnosed in the US in 2025 and more than 618,000 people will die from the disease, the equivalent of about 1,700 deaths per day. This increase is driven by factors such as an aging population, increased life expectancy, and rising rates of obesity and smoking.

Men and women in the prime of their lives are increasingly being diagnosed with serious cancers, including colorectal, breast, prostate, uterine, stomach (gastric), pancreatic, and more. One forecast predicts cancer for this age group will increase by 30% globally from 2019 to 2030. [Young adults](#) are also being diagnosed more frequently.

[Click here](#) for the most up to date scientific information about cancer.

“Cancer is probably the most unfunny thing in the world, but I’m a comedian, and even cancer couldn’t stop me from seeing the humor in what I went through.” —Gilda Radner

Regular Physical Activity Helps Lower Your Cancer Risk (CDC)

Physically active adults have a significantly lower risk of developing eight commonly occurring cancers, as well as lower risk of several other cancers. Research shows that adults who engage in greater amounts of physical activity have reduced risks of developing cancers of the bladder, breast, colon, endometrium (innermost lining layer of the uterus), esophagus, kidney, lung, and stomach.

[These foods](#) can help fight cancer.

Fitness Classes for Cancer Survivors

Free classes are now being offered by [Team Survivor Northwest](#) in Port Hadlock. Click on the link for further information. To join click [here](#).

For further information email dianeolsonsv@gmail.com.