

August 2009

Healthclips

from
Herbruck Alder



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"It is health that is real wealth and not pieces of gold or silver."

- Mahatma Gandhi

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.

August is Immunization Awareness Month



August is National
Immunization
Awareness Month

August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

[Click here](#) to read about why immunizations are important.

August is Cataract Awareness Month

Did you know that 20.5 million Americans age 40 and older have cataracts, one of the most curable causes of vision loss? And, by age 80, more than half of all Americans will have cataracts.



A cataract is the clouding of the eye's normally clear lens, blocking the passage of light needed for vision. They form slowly and cause no pain. Some stay small and hardly affect vision, but if the cataract does grow and begin to affect vision, it can usually be removed with surgery.

[Click here](#) to learn more.

Coming Together to Explain Changes in Healthcare Legislation

Featuring Six Medical Insurance Companies & Health Policy Expert Grace-Marie Turner, President of the Galen Institute

Breakout Session Presented by: Aetna, Anthem Blue Cross & Blue Shield, Cigna, Kaiser Permanente, Medical Mutual of Ohio & UnitedHealthcare.

Keynote: Grace-Marie Turner - *"What's on the Horizon for Health Reform in the U.S.?"*

Grace-Marie Turner is president of the Galen Institute, a non-profit research organization devoted exclusively to health policy.

Thursday, August 20, 2009

8:00-8:30am - Registration & Continental Breakfast

8:30-9:00am - Welcome from Herbruck Alder

9:00am - Noon - Breakout Sessions by the Medical Insurance Companies

Noon - 1:30pm - Lunch & Keynote by Grace-Marie Turner

LaCentre - 25777 Detroit Road, Westlake, OH 44145

[Click here](#) to register. Or, contact Alison Muth at 216-377-2595 or amuth@herbruckalder.com.

Helpful Health Hints presented by Herbruck Alder

Intense Daily Workout May Keep Cancer at Bay

Increased oxygen consumption associated with moderate- to high-intensity exercise appears to reduce the risk of cancer, a new study has found.

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

Herbruck Alder Wellness Adventurers



The Couch-to-5k Running Plan

So you are ready to get into shape. You have heard all of the reasons why getting regular exercise is good for you and absolutely necessary to a healthy life. Then you think about the easiest ways to exercise, and going for a run seems to be pretty easy. It is free, you do not need to buy any equipment and you can enjoy the outdoors. So, you lace up your shoes and get going to a healthier life. Then you head out and after two minutes, you are out of breath.

[Click here](#) to read more.

Healthy Recipe



Grilled Shrimp Salad

We all love grilled shrimp, but who's ever heard of grilling lettuce? Actually, it comes off the grill sweet and lightly wilted, just waiting for the dressing.

[Click here](#) for recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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