



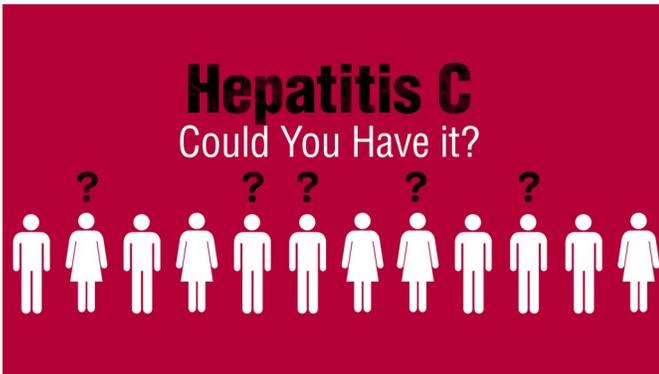
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fit 4 life

Hepatitis C is a serious liver disease caused by the Hepatitis C virus. It has been called a silent epidemic because most people do not know they are infected.

While some people who get infected with Hepatitis C are able to clear or get rid of the virus, most people who get infected develop a chronic, or life long infection.



Over time, chronic Hepatitis C can lead to serious liver problems including liver damage, cirrhosis, liver failure or liver cancer. Many people can benefit from available treatment options that can eliminate the virus from the body and prevent further liver damage.

For more information on Hepatitis visit:
www.cdc.gov



590
 The amount of calories a venti white hot chocolate from Starbucks contains, which is more calories than a Big-Mac.

FAST

FAST is an acronym used to aid memory in helping to detect and enhance responsiveness to a stroke victim needs. The acronym stands for:

- Facial drooping
- Arm weakness
- Speech difficulties
- Time to call 911

Natural remedies



- **Rosemary for Energy:** Rosemary stimulates energy and sharpens memory and concentration by bringing more oxygen to your brain. It's a great alternative to caffeine.
- **Lavender for Depression:** Studies show that lavender acts as a mild antidepressant. It can also benefit your nervous system. Add lavender oil to your bath to alleviate stress, tension and insomnia.
- **Chamomile for Colic:** According to NCCIH reports, chamomile is one of the best herbs for treating colic, nervous stress, infections and stomach disorders in children.



facts

about cyber bullying

43 % of kids have been bullied online.
1 in 4 has had it happen more than once.

70 % of students report seeing frequent bullying online.

80 % of teens use a cell phone regularly, making it the most common medium for cyber bullying.

68 % of teens agree that cyber bullying is a serious problem.

81 % of young people think bullying online is easier to get away with than bullying in person.

“In societies where mature workers are respected and where their wisdom is respected, everybody benefits. Workers are more engaged and productive. Their health is better. They live longer .”

~Deepak Chopra

July book club

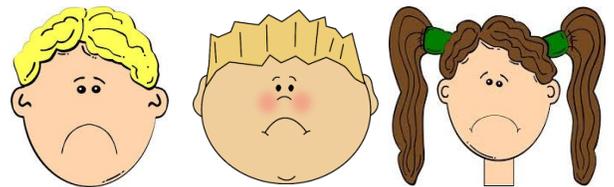
The Identicals

~by Elin Hilderbrand

Nantucket is only two and a half hours away from Martha's Vineyard by ferry. But the two islands might as well be worlds apart for a set of identical twin sisters who have been at odds for years.

Just because twins look exactly the same doesn't mean they're anything alike and Tabitha and Harper Frost have spent their whole lives trying to prove this point. When a family crisis forces them to band together or at least appear to, the twins come to realize that the special bond that they share is more important than the resentments that have driven them apart.

'The Queen of the Summer Novel' (People Magazine)



Research conducted by the Centers for Disease Control estimates that approximately 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18.