

# September 2022



## 5 facts to know about the flu shot

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Learn how getting an early flu shot can help keep you healthy and protect the ones you love.



## Sneak in more heart-healthy omega-3 with these tips

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Salmon? Walnut butter? Chia seeds? Find out which foods pack an omega-3 punch.



## How to build healthy habits that stick

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Ready to turn healthy aspirations into healthy habits? Try these 6 tips.



## Recipe: Zucchini fritters

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Pair these crispy fritters with a green salad for a delicious dinner.