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## Work well, sit well

Poor posture at your desk can lead to back pain, fatigue, and even headaches. A few simple adjustments can make a world of difference. Creating an ergonomic setup improves your physical comfort and boosts productivity and overall well-being.

### WORKSPACE SETUP

- **Chair:** Choose a chair with good lumbar support. Your feet should be flat on the floor or use a footrest. Adjust the chair height so your elbows are at a 90-degree angle when typing.
- **Monitor:** Position your monitor at arm's length, with the top of the screen at or slightly below eye level. This helps prevent neck strain.
- **Keyboard and mouse:** Keep your keyboard and mouse close to your body, allowing your elbows to stay close to your sides. This reduces reaching and strain.
- **Breaks:** Get up and move every 20-30 minutes. Even a short walk or some stretches can improve circulation and prevent stiffness.

# Skin care trends

The world of cosmetic procedures offers many options, from minimally invasive treatments to more intensive interventions. With so many choices, it's smart to be informed. Here's what you need to know before undergoing injections or laser therapy procedures.



SKIN TREATMENTS	POSSIBLE SIDE EFFECTS
<b>Botulinum toxin injections, known as Botox:</b> Relaxes facial muscles to reduce wrinkles. Administered by a qualified professional.	Pain, bruising, swelling, redness at the injection site, and flu-like symptoms or headaches. More serious, but rare, side effects can include muscle weakness, breathing or swallowing difficulties, and vision problems.
<b>Microdermabrasion:</b> A noninvasive procedure that uses a special tool to exfoliate the skin's surface. Improves skin texture and reduces the appearance of fine lines and age spots.	While generally safe, it can cause temporary redness, dry, flaky skin, and sensitivity. More serious risks include bruising, sensitivity to the sun or skincare products, and, in rare cases, infection or scarring.
<b>Dermal Filler injectables:</b> Typically uses hyaluronic acid or collagen to plump up skin, fill in wrinkles, and add volume to the cheeks and lips.	Allergic reactions, infection, and uneven results
<b>Dermaplaning:</b> A simple and effective method of exfoliation. It uses a scalpel to remove dead skin cells and vellus hair (peach fuzz) from the face. A trained aesthetician or dermatologist should perform it.	Redness, irritation, and increased sensitivity, but these typically subside within a few days
<b>Microneedling:</b> A device with tiny needles to create micro-injuries in the skin, which stimulates collagen production and improves skin texture.	Infection, scarring, and hyperpigmentation



## RESEARCH IS KEY

- Before undergoing any cosmetic procedure, thoroughly research the treatment and the practitioner. Check their credentials, experience, and patient reviews. Don't be afraid to ask questions about their training, certifications, and the products they use.
- Cosmetic procedures can enhance your appearance but won't necessarily make you look 20 years younger. Having realistic expectations is crucial for satisfaction.
- Every minimally invasive procedure carries potential risks and side effects.
- Certain medical conditions can increase the risk of complications. Be sure to disclose your complete medical history to your doctor or aesthetician.
- It's essential to consider the psychological aspects of cosmetic procedures. If you're considering a treatment to address insecurities about your appearance to improve self-esteem, it can be helpful to discuss these feelings with a mental health professional.



# Fitness without limits

Adaptive fitness emphasizes what individuals can do, rather than what they can't do. It's about modifying exercises and equipment to match unique needs, ensuring everyone can reap the many benefits of physical activity.



## ADAPTABILITY MATTERS

- Regular physical activity can help manage chronic conditions, improve cardiovascular health, and increase strength and flexibility. Physical activity is essential for everyone. Adaptive fitness makes it possible for individuals with disabilities to participate safely and effectively. This can also lead to better sleep and a reduction in pain.
- Exercise releases endorphins, which have mood-boosting effects. Adaptive fitness can reduce feelings of isolation and depression, promoting a positive outlook and increased resilience.
- Learning new skills and achieving fitness goals can boost self-esteem and confidence. This can lead to greater independence in managing the tasks involved with daily life.
- Participating in group fitness activities or adapted sports provides opportunities for social interaction and community engagement. This fosters a sense of belonging and support.



## ADAPTIVE FITNESS FORMS

- Wheelchair basketball, adapted swimming, and inclusive cycling are examples of adapted sports. These provide competitive and recreational options and promote teamwork and skill development.
- Modified yoga and Pilates classes can accommodate various physical limitations. These classes focus on flexibility, balance, and core strength and are adjusted for individual needs.
- Personalized training programs can be developed with the help of certified adaptive fitness specialists. These programs offer individualized attention, ensuring safety and effectiveness.
- Adapted fitness can incorporate assistive technologies like functional electrical stimulation (FES) bikes or specialized exercise equipment. These tools can help individuals with limited mobility engage in effective workouts, enhancing their overall fitness.



# Choose camp right

Summer camp can be a transformative experience, but choosing the right one requires careful consideration. Don't let excitement overshadow essential vetting.



## CAMP CHECKLIST

- Check for accreditation from the American Camp Association (ACA). This signifies adherence to safety and health standards.
- Inquire about staff-to-camper ratios, background checks, emergency procedures, and the camp's health and safety policies.
- Ensure the camp's activities align with your child's interests and abilities.
- Ask about the camp's philosophy and how it fosters social and emotional development.
- Confirm the camp has trained staff to handle medical needs, including allergies and medications.
- Ask about communication protocols between staff and parents.
- Determine how the camp addresses homesickness and behavioral issues.
- Investigate the camp's food service to ensure it can manage dietary restrictions and promotes healthy eating habits.

