

Here 5 Tips for Aging Gracefully

While many of us loathe blowing out birthday candles each year, it's time to change that way of thinking and embrace your age. Start with these 5 simple ways to age gracefully and have fun while doing it.

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Ways to Keep Tailgates Tooth-Friendly

The fall sports season is upon us! Whether you're grilling in a stadium parking lot or just having some friends over to watch the big game, here are a few tips to keep your spread tooth-friendly.

[Learn More](#)

Mouth-Friendly Recipe: Seafood-Stuffed Mushrooms

Need a crowd-pleasing finger food? Try these bite-size mushrooms filled with shrimp, crab and gooey cheese. They're low-calorie, packed with vitamins, protein and fiber—a delicious, healthy treat!

[Try This Recipe](#)



Surprise! It's Easy to Spark Smiles on Birthdays.

It's easy to make someone feel extra special. Whether it's a big gesture or a small show of appreciation, here are some thoughtful ways to make anyone smile on their birthday.

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Exercise Your Eyes (No Gym Required)

Eye exercises don't just improve your eyesight, but over time, they can improve the way your eyes work together. This helps you focus when you read and can reduce issues like blurry vision and eye strain. Give these quick workouts a try.

[Try These Exercises](#)

Load Up on Omega-3: Our Favorite Arizona Lakes for Fishing

We may be a landlocked state, but there are plenty of places to fish in Arizona. Plus, eating fish is healthy for your heart, teeth, gums and eyes. Here are a few of our favorite spots for fun fishing and tasty, nutritious catches.

[Start Fishin'](#)



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