Family Health

Family health can take many forms. It can mean sitting down at the dinner table together every night, visiting your grandparents once a month, or simply making time to watch your favorite show together each week.

This month, make an effort to strengthen your family’s bond. Want to try something new?

- Make dinner for your parents
- Go apple picking with your kids
- Plan a surprise date for your spouse
- Get a pedicure with your grandmother
- Let your kids pick the restaurant this time
- Take a hike with your dad
- Go to the farmers market with your mom

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