Sign up for our next webinar.
Health Plans and Wellness Technologies:
Medicaid and Medicare celebrating 50 years
Register [here](#) to attend the webinar on Thursday, July 30 at 10 a.m. PST.

Lifestyle Habits for a Healthy Brain
8 tips to give your brain a boost

How healthy is your brain? You might not think about it much, but over time your lifestyle habits can have an impact on your brain:
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The Health Benefits of Napping
A few extra zzzs may be just what you need

From Our Desk to Yours
In this issue of Making Healthy Choices we’ll take a look at lifestyle habits that protect your brain, and explore the health benefits of napping.

We’ll also serve up some healthy recipes to help you enjoy summer season fruits and vegetables.

Yours in good health,
Dr. Don Hall, DrPH, CHES

About Making Healthy Choices™
The Making Healthy
An afternoon snooze may be just what the doctor ordered. Emerging research suggests that napping may improve your health and increase worker productivity.

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Recipes: Summer is in Season
Enjoy fresh fruits and vegetables

For the next few months, you'll see farmers markets and grocery store produce sections selling plump and juicy berries, pink watermelon, bright red tomatoes, colorful bell peppers, freshly picked corn, and many other in-season fruits and veggies. Enjoy the harvest with these tasty recipes.

Summertime Spinach Salad
Summer Italian Vegetables
Cabbage Stir Fry