

UPTOSPEED

In This Issue:

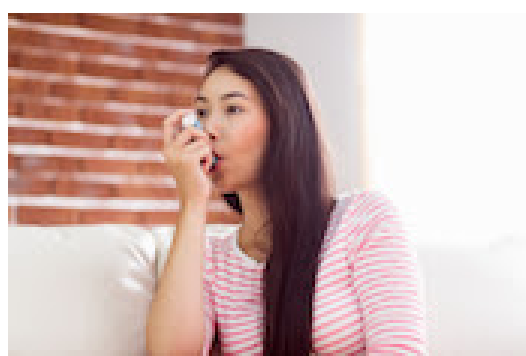
- ◆ Life After Vaccination ◆ Asthma, Allergies, COVID-19
- ◆ Skin Cancer Prevention ◆ Optimizing Women's Health



Vaccinate Your Way Back to Normal Life

Only a few months ago, life after COVID felt impossible to envision. But now, with vaccinations available for ages 16+ and projected for availability in as many Americans' arms as possible by early summer, it isn't just a distant dream. It's a soon-to-be reality, according to the Centers for Disease Control and Prevention (CDC).

[Learn More](#)



**The Facts About Asthma,
COVID-19, and Seasonal
Allergies**



**Five Ways to Protect
Yourself from Skin
Cancer**



**How Women Can Stay on
Top of Their Health**

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