



Autumn Health

Prepare yourself for piles of leaves, a Thanksgiving feast, and the festive, fun foods of the fall harvest.

Locate the article *Autumn Health* on *Health Connected's Health Library** today to get tips on how to manage the health and safety challenges of the fall season. The article includes sections on:

- 10 healthy autumn eats;
- Turkey cooking tips; and
- Safety tips for raking leaves.