

Wellness Movement Newsletter

February 2025

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- Hormone Harmony to Revitalize Health -CWC Onsite Health Clinic | 9AM-12PM PT on 3/29

HEART SMART

Which symptom is a warning sign for heart attack? a) Sudden chest pain or pressure b) Increased appetite c) Tingling in the fingers only d) Frequent hiccups

2 Which of these daily habits can



writer of these daily habits reduce heart attack risk?
a) Smoking more frequently
b) Sitting for long hours
c) Walking for 30 minutes daily
d) Eating fried foods regularly



3 What should you do if you suspect someone is having a heart attack? o) Tell them to rest and wait it out b) Give them a glass of water c) Call 911 immediately

4 Which of these diets is best for heart attack prevention?
a) High in saturated fat and sugar
b) Mediterranean diet (rich in healthy fats, fish, and vegetables)
c) Fast food diet
d) Low in fruits and vegetables 5 How often should adults get their cholesterol checked? a) Every 10 years b) Every 1-2 years c) Only when symptoms appear



Wellness Trivia- Answers (Jan'25 edition) What is the **20–20–20 rule** for eye health? 20

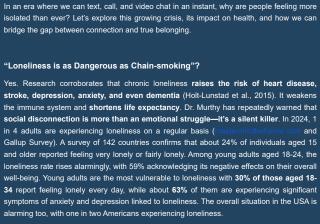
Q2

What is the 'silent thief of sight



Watch Highlights Video

Blog: Loneliness - The Hidden Health Crisis



It's February, when love and bonding are often the buzzwords with Valentine's Day dominating conversations, communities worldwide remain challenged with loneliness

The reality is that loneliness is not just an emotional experience—it's a public health crisis. Dr. Vivek Murthy, the U.S. Surgeon General, has called it an epidemic, emphasizing that

Why Are We So Lonely in our increasingly Connected World?

More people live alone, work remotely, and participate less in community activities left many without strong support networks.

Has Technology Helped or Made It Worse?

discussions or one-on-one sessions, our platform provides valuable guidance for emotional and mental resilience.

· Join a Community

 Seek Professional Support If loneliness is taking a toll on mental well-being, don't navigate it alone. CWC offers expert-led wellness coaching, mental health resources, and holistic well-being programs designed to help individuals navigate loneliness and emotional challenges. Whether through group

Wellness Tips - Women Bone Health Instead of relying solely on dairy, explore bioavailable plant-based calcium from

and fall risk, providing personalized recommendations.

✓ Use Red Light Therapy for Bone Healing

potential to stimulate bone growth and repair.

Wearable devices and Al-driven apps now track bone health markers, activity levels,

Red and near-infrared light therapy (photo biomodulation) has been studied for its

Mushrooms like reishi and cordyceps contain compounds that may support bone health by reducing inflammation and improving calcium absorption.

Wearing a weighted vest during daily activities or workouts can provide additional resistance, promoting bone growth and reducing osteoporosis risk.

than ever before (Pew Research Center, 2021). The decline of in-person interactions has 3. Busy lifestyles Modern life prioritizes productivity over social bonds, making it easy to feel isolated (Murthy,

connection. Dr. Murthy points out that while we may be more connected digitally, we are lonelier than ever. Real human interactions—face-to-face conversations, shared Real human interactions—face-to-face conversations, experiences, and physical presence—are irreplaceable How Do We Break Free from Loneliness? · Prioritize In-Person Connections Small moments of interaction matter more than you think (Cacioppo & Cacioppo, 2018). A

Yes and no. Technology helps us stay in touch, but it also fosters a false sense of

Our wellness events, interactive webinars, and online forums and other offerings bring like-minded individuals together to share experiences, learn, and build authentic connections. By participating, members can foster meaningful relationships that go beyond digital interactions.

news? Connection is the antidote.

Final Thoughts:

belong. Apart of all the CWC initiatives highlighted above to address loneliness, the Support Groups in caring, sharing and taking on life challenges together. To bring like-minded people together, these Support Groups are categorized within Community and Health Tracks. JOIN CWC SUPPORT GROUPS, using this link

Loneliness is not just a personal struggle—it's a public health emergency. But the good

This February, while we celebrate the yearning of our hearts in multiple ways, let's redefine what connection means to boost your emotional health and more durable bonding of the hearts. Whether through a heartfelt conversation, a community gathering, or simply checking in on someone, every small effort counts. Because in the end, we all need to

✓ Engage in Barefoot Walking or Minimalist Footwear Walking barefoot or using minimalist shoes strengthens foot and leg muscles, improving stability and reducing the risk of falls and fractures.

Upcoming Events

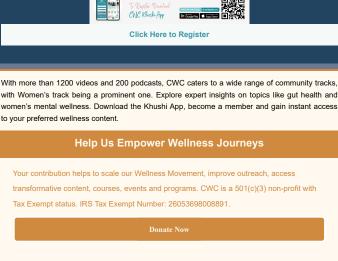
CWC Women Track STRESS LESS, LIVE MORE gh-Impact Webinar a ental Well-being & W 27 MARCH 7:30 PM PT

Analogica

كللد

Click Here to Register كللد Health Clinic for Women

HORMONE HARMONY TO REVITALIZE HEALTH MARCH 29, 2025
09: AM TO 12 PM PT
St., Milpitas, CA 95035



Khushi app by CWC members

, click here to unsubscribe.

Your contribution helps to scale our Wellness Movement, improve outreach, access transformative content, courses, events and programs. CWC is a 501(c)(3) non-profit with

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Enquiries CRACK THE WELLNESS CODE, Cupertino, CA, 95014, USA

Visit CWC Website | Download CWC Khushi App

Heart Friendly Wellness Trivia

- Wellness Tips Women Bone Health
- Women Track Events Upcoming Webinar & Onsite Clinic
- Stress Less, Live More -CWC Online Event | 6-7:30 PM PT on 3/27
- Heart Friendly Wellness Trivia

PREVENTIVE CARE QUIZ-

Q1

- What is the leading cause of blindness in people over 50 Q3

actually amplifying for many.

- chronic loneliness can be as harmful as smoking 15 cigarettes a day.
 - What's Fuelling the Loneliness Epidemic? 1. Technology & Social Media We scroll, we like, we comment—but are we truly connecting? Studies show that heavy media use often leads to more feelings of isolation, comparison, and detachment rather than deeper relationships (Twenge, 2017). 2. Cultural Shifts

2023)

- simple conversation, a coffee meet-up, or joining a local group can make a difference. Be Mindful of Social Media More time online doesn't mean more meaningful relationships. Focus on quality over quantity when it comes to connections (Twenge, 2017).
- - seaweed, moringa, or algae-based supplements for better absorption. ✓ Use Smart Tech for Bone Health Monitoring
- to your preferred wellness content.
- You are receiving this email as a registrant of our recent session or any of our past sessions or as a Wellness

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