

FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

COPD Awareness

When every breath counts

COPD (chronic obstructive pulmonary disease) happens when your lungs get inflamed and don't move air as well as they used to. It can make it tough to breathe. With the right treatment, exercise and care, you can manage the condition and keep doing what you love.



Nirav Shah, M.D.
Senior Medical Director

Watch and learn

Join Dr. Nirav Shah, senior medical director, as he explains COPD and shares real stories of patients living full, active lives with proper care.

Watch the video by clicking any link below



Healthy holiday winter salad



Give your feast a fresh twist. This colorful, seasonal salad features crisp greens, tangy blue cheese, juicy pomegranate seeds and crunchy hazelnuts. They're all tossed together in a light champagne vinaigrette for a symphony of flavors.

Packed with fiber, protein and healthy fats, it's both nutritious and delicious. Ready to impress your holiday guests and your health goals?

[Get the full recipe here!](#)

Recipes are from external links and will open in your default web browser.
Source: <https://diabetesfoodhub.org/recipes/thanksgiving-winter-salad-champagne-vinaigrette>

Bring on the cheer!

Happy New Year

As we wrap up 2025, we wish our valued members a joyful holiday and happy New Year. However you celebrate, may the season bring you good vibes and great moments. Thanks for being part of our community. Here's to more good things ahead!