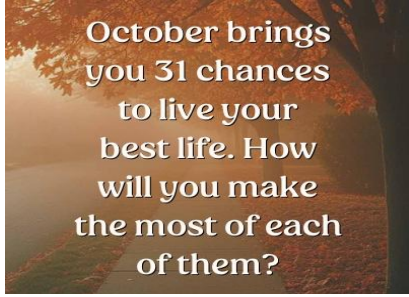


COMMUNIQUE



October brings
you 31 chances
to live your
best life. How
will you make
the most of each
of them?

**“If you don’t like the road
you’re walking, start paving
another one.” - Dolly Parton**

Flexibility is important to
maintaining a healthy body. [Here](#)
are some easy exercises to do to
maintain flexibility.

[Here](#) are some simple things you
can do to protect your brain from
having a stroke.

[Magnesium](#) is an important
mineral that your body needs for
healthy functioning. Are you
getting enough?

October is breast cancer
awareness month. Click [here](#) for
tips on preventing breast cancer,
and probably other cancers too.

For survivors check out
[Team Survivor Northwest.](#)



[This month at the Bay Club.](#)

The Health and Fitness
Committee meets on the first
Thursdays at 9:30 a.m. Visitors
are welcome.

Earthing

Sources: Cleveland Clinic and Geeta-Maker Clark, MD,
Medicine For All People

“Earthing is about having direct skin contact with the surface of the earth, whether it’s your bare feet, your hands or other parts of your body,” according to psychologist Dr. Susan Albers. “The theory is that when we physically connect with the ground, its electrical energy rebalances our own.”

Benefits of Earthing:

- Improve mood and reduce stress.
- Improve sleep and prevent fatigue.
- Reduce inflammation.
- Speed healing and reduce pain.
- Improve immune system function.
- Improve multiple heart health metrics.
- Modulate autonomic nervous system function.



Here is how to do earthing:

- Walk barefoot.
- Sit or lie down in dirt, grass, or sand.
- Sit in a chair and let your bare feet touch the ground.
- Swim or relax in a natural body of water.
- Get your hands dirty by touching or playing with the soil (gardening).

Music Protects Your Brain

Source: *Experience Life* Sept/Oct 2026

Researchers at Monash University in Australia conducted a longitudinal study that adds to mounting evidence that frequent music listeners were 39 percent less likely to develop dementia than infrequent users. And those who played a musical instrument were 35 percent less likely to develop dementia.

“The frequent users also had a decreased risk of more general cognitive decline,” according to one of the researchers.

**Fitness Center orientations are available.
Sign up at the front desk or call 360-437-0367.**