

The Melaleuca Wellness Guide 11th Edition

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Experts suggest a two-pronged approach for coping with climate anxiety, using internal and external strategies.

How to cope with the existential dread of climate change

In the United States alone, it is estimated that almost 150,000 horses per year are unwanted. In Canada, 30,000-60,000 unwanted horses are processed ...

Helping Horses in Need: The Veterinary Examination

The Biden administration must look to federal agencies beyond the Department of Justice to advance progressive criminal justice reforms.

Beyond the U.S. Department of Justice

I have a question about water. Is it a good idea to drink more water than you normally feel like, or is it sufficient to drink only ...

On Nutrition: Can I wait until I'm thirsty to drink water?

Wellness Event – which includes sports physicals – is happening July 27, 28 and 29. This is by appointment only, a change that started in 2020. The sessions are 5:30 p.m. to 7:30 p.m. each night at St ...

Health Department Wellness Event July 27-29

No matter how talented a social media manager or team may be, company leaders need to keep them up to date on strategic goals and incorporate their insights, or their work won't be as impactful.

14 Ways To Involve Social Media Managers In The Overarching Business Strategy

To already get into the swing of things with the upcoming long weekend, this luxury staycation offers guests an extraordinary experience at Palm Jumeirah's newest property, The St. Regis Dubai. With ...

11 fabulous things to do in Dubai this weekend

OpenSesame, a global elearning innovator, today announced an integration with Microsoft Viva, Microsoft's new Employee Experience Platform (EXP). OpenSesame's extensive catalog of 20,000+ elearning ...

OpenSesame Integrates with Microsoft Viva to Bring Learning into the Flow of Work

Medical Matters Weekly with Dr. Trey Dobson—a weekly interactive, multiplatform medical-themed talk show—will feature Rosalind Case, PhD, a psychologist at Monash University in Australia on its July ...

Medical Matters Weekly Addresses the Psychology of Deciding Whether or Not to Get the COVID Vaccine

To find out where travellers must wander next, leading luxury hospitality company Four Seasons Hotels and Resorts polled its 1.1 million Instagram followers this spring to uncover the most popular ...

Four Seasons Invites Travellers to Reconnect with the World: From Wanderlust to Wandermust

What started out as a way for one woman to solve her own problem turned into a small business. And now, she's on a mission to help others in her community who are struggling with anxiety as we ...

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Meet the woman behind the 'Hello Relief, Goodbye Anxiety' wellness workshop

The ultimate guide to the top wellness and fitness destinations that are worth checking out this summer while you're in the Hamptons.

The Ultimate Guide To Wellness Destinations In The Hamptons

Skin-care supplements meant to clear up acne have been hitting the beauty market in droves. The answer to whether they work, though, is complicated.

Do Acne Supplements Work? The Answer Is Complicated

Actor Vidya Malavade, who keeps posting health and wellness posts on Instagram – especially to do with yoga – recently shared a video of herself performing Sirsasana or the headstand pose. It was a ...

Vidya Malavade's Sirsasana or headstand pose will give you fitness goals for the weekend

Other health and wellness strategies will remain ... the pandemic and return to a primarily face-to-face environment for the fall semester," an online guide to the fall semester reads. Officials at ...

Is it finally the end of the COVID pandemic?

The HBO and Sky drama combines the sun-soaked escapism of Love Island with the wicked thrills of Killing Eve, the superannuated soapiness of Big Little Lies and the glossy murder-mystery of The ...

How The White Lotus invents the "Aloha Christie" genre

The day has come, and suddenly, you realize that you are a living, breathing doomsday prepper whether you like it or not. Pandemonium has struck, turning everything on its head. As the floodwaters ...

The essential guide to building your ultimate bug out bag

The trailer for The Kissing Booth 3 is finally here, and Elle, Noah, Lee, and their friends are taking over their parents' beach house for one last summer together. Timed to International Kissing Day, ...

"The Kissing Booth 3" Drops Trailer With Joey King, Jacob Elordi, and More

Roundup of virtual and in-person calendar events in South Florida, including entertainment, family, society and holiday activities.

Sunday calendar: Community and entertainment events starting July 11

After months of heavier-than-normal drinking during the pandemic, health-conscious travelers are turning to sober travel and a vacation from alcohol ...

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