

Healing Bodies

AvMed's musculoskeletal program



Celebrate International Men's Day with the gift of good health!

International Men's Day (IMD) is celebrated on November 19 every year and is marked in around 80 countries worldwide. What better way to achieve good health is there than staying active in safe and healthy ways! Here are some of the key things steps to getting started:

Resources

[International Mens Day](#)

[Fitness program: 5 steps to get started - Mayo Clinic](#)

[Musculoskeletal Pain: Types, Causes, Symptoms & Treatment \(clevelandclinic.org\)](#)

American Cancer Society Recommendations for the Early Detection of Breast Cancer

Getting regular screening tests is the most reliable way to find breast cancer early. The American Cancer Society has screening guidelines for women at average risk of breast cancer, and for those at high risk for breast cancer.

[Guidelines](#)



Simple Steps for an Extra Safe Halloween

Kids love the magic of Halloween, but the COVID-19 pandemic means Halloween may be a bit different this year. You can still have fun! First and foremost, follow the Centers for Disease Control and Prevention's guidelines to ensure your celebrations are safe. If you do decide to go out on Halloween, don't forget these other safety tips as well.

[Safety Tips](#)

Global Handwashing Day

Global Handwashing Day is an annual global advocacy day dedicated to advocating for handwashing with soap as an easy, effective, and affordable way to prevent diseases and save lives.

[Read More](#)



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