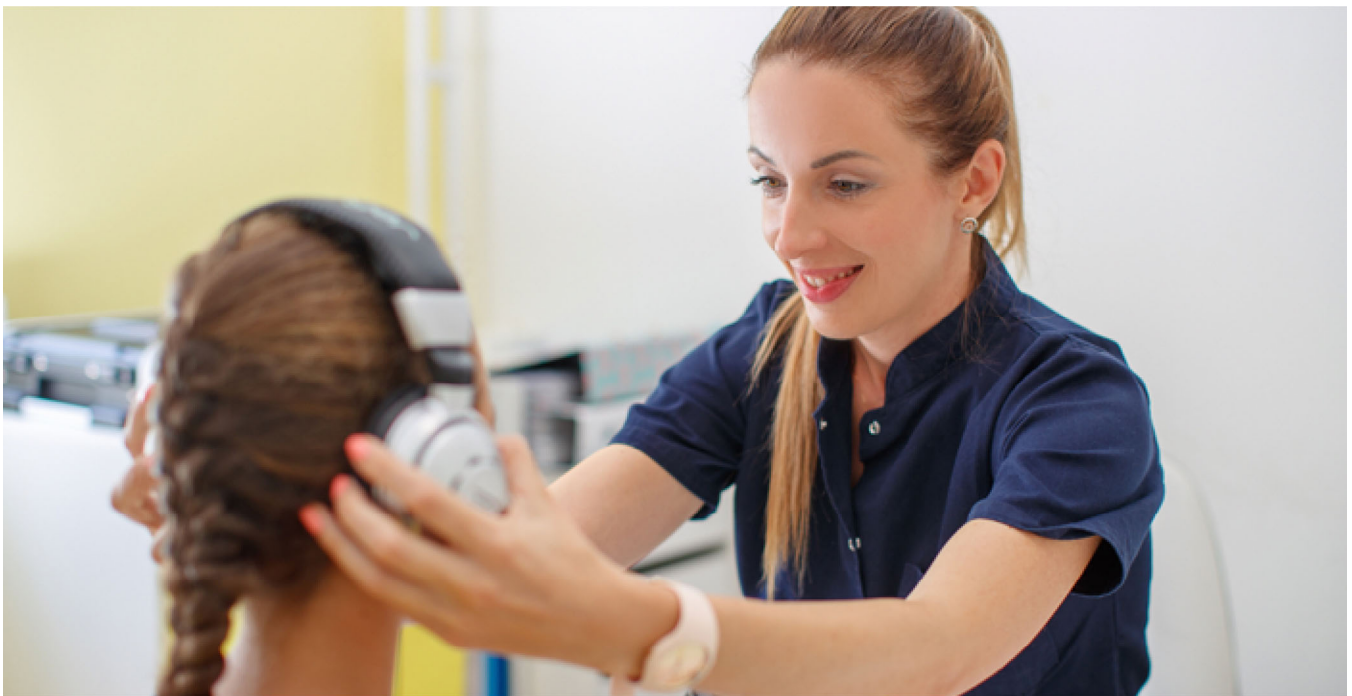


# The UCD Wellness Connection

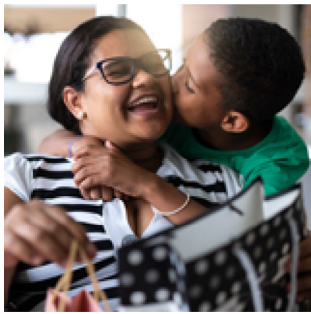
May 7, 2024



## Protect your hearing

There are steps you can take to prevent hearing loss.

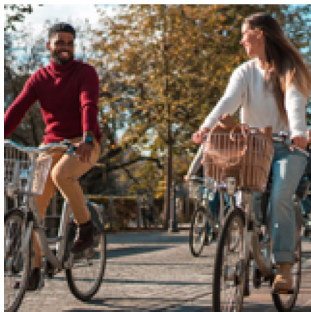
[“Hears” how to protect yourself →](#)



## Gift ideas to help Moms love their smiles

This Mother's Day, let the special women in your life know how much you love seeing her smile.

[Here are some dental care ideas for Moms →](#)



## Exercise can improve your mental health

What's good for the body can also be good for the mind.

[Discover ways to boost your mood →](#)



## The total health effects of Sjögren's ("SHOW-grins")

Sjögren's is a systemic autoimmune disease that affects the entire body.

[Learn more →](#)

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