



**Set yourself up for a
happy, healthy spring**

Spring cleaning for your well-being

Spring cleaning isn't just about dusting the baseboards and washing the windows. Follow these tips to be your safest, healthiest and most comfortable—all year long.



Declutter your space so you can move around with confidence.



Refresh your kitchen—toss old and expired foods and restock with whole grains, lean proteins and produce.



Step outside to enjoy the fresh air and do the activities you love.



Schedule your Annual Wellness Visit to keep your health goals on track.



Thank you for trusting us with your care.
CenterWell Home Health® is always here for you—
24/7, 365 days a year. If you ever need care again, speak
with your doctor or call our nurses at **844-265-4195**.



**For more spring
cleaning tips and
healthy recipes, visit
[CenterWell.info/
Spring](http://CenterWell.info/Spring).**

To opt out from receiving future health and well-being information from CenterWell, please email optout@centerwellhomehealth.com.
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