

DEDHAM HEALTH

& Athletic Complex

4/14/20

[The CDC launches a 'coronavirus self-checker'](#)

The U.S. Centers for Disease Control and Prevention introduced a bot to help people make decisions about what to do if they have potential symptoms of COVID-19

[Exercise Can Reduce The Side Effects Of Prostate Cancer Treatments](#)

A study suggests men who choose androgen deprivation therapy (ADT) for their advanced prostate cancer can avoid possible side effects with short-term exercise.

[Try These Stretches Before You Get Out Of Bed](#)

Prepare your joints and muscles for a full day of functioning.

[How Can You Stay Healthy For Longer?](#)

A study has aimed to find out which lifestyle factors are associated with the most years free of chronic disease

[On the Blog: Stretching at Home](#)

Exercise Physiologist, Brynne, talks about the importance of stretching!

[Visit our Website](#)