

DEDHAM HEALTH & Athletic Complex

4/29/20

[Has the Curve Flattened?](#)

Stay up to date with the progression of corona virus cases with this helpful tool.

[How Does Covid-19 Affect People With Diabetes?](#)

People with diabetes may have a higher risk of developing severe medical complications, such as pneumonia, from COVID-19.

[How To Wear A Face Mask Correctly](#)

If face masks shield you from infectious diseases, such as COVID-19, is there a proper way to put them on, take them off, and discard them? Find out here.

[Diet Quality Counts More Than Type Of Diet](#)

High carb, low carb, keto, or vegan - Harvard explains why including high quality foods in your diet is more important than the type of diet you follow.

[On the Blog: Healthy Changes to Your Favorite Treats](#)

Exercise Physiologist, Katie W, talks about a few healthy alternatives to your favorite snacks.

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