

[IMAGE] Accessibility Statement [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF;  
} a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

[\[IMAGE\]](#)

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[\[IMAGE\]](#)



[IMAGE]

[IMAGE]

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

[Previous Issues](#)

[Did You Know?](#)

- [Catch Some Zzzzs](#)
- [Here's What One Night of Missed Sleep Can Do](#)
- [Going Green Helps You Live Longer](#)
- [Time to Socialize](#)
- [Your Brain Needs Positivity](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

## toyourhealth.com Accessibility Statement

Updated: December 2019

### General

toyourhealth.com strives to ensure that its services are accessible to people with disabilities. toyourhealth.com has invested a significant amount of resources to help ensure that its website is made easier to use and more accessible for people with disabilities, with the strong belief that every person has the right to live with dignity, equality, comfort and independence.

### Accessibility on toyourhealth.com

toyourhealth.com makes available the [UserWay Website Accessibility Widget](#) that is powered by a dedicated accessibility server. The software allows toyourhealth.com to improve its compliance with the Web Content Accessibility Guidelines (WCAG 2.1).

### Enabling the Accessibility Menu

The toyourhealth.com accessibility menu can be enabled by clicking the accessibility menu icon that appears on the corner of the page. After triggering the accessibility menu, please wait a moment for the accessibility menu to load in its entirety.

### Disclaimer

toyourhealth.com continues its efforts to constantly improve the accessibility of its site and services in the belief that it is our collective moral obligation to allow seamless, accessible and unhindered use also for those of us with disabilities.

Despite our efforts to make all pages and content on toyourhealth.com fully accessible, some content may not have yet been fully adapted to the strictest accessibility standards. This may be a result of not having found or identified the most appropriate technological solution.

### Here For You

If you are experiencing difficulty with any content on toyourhealth.com or require assistance with any part of our site, please contact us during normal business hours as detailed below and we will be happy to assist.

### Contact Us

If you wish to report an accessibility issue, have any questions or need assistance, please contact toyourhealth.com Customer Support as follows:

Email: [tmontague@mpamedia.com](mailto:tmontague@mpamedia.com)

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