



Persistence & Trust Lead to Cancer Diagnosis & Survivorship

Lincoln City retiree Vallie Gibby had no reason to believe anything was wrong when she went in for a routine colonoscopy. Her doctor's persistence to further investigate a concern took Vallie on a journey from diagnosis to awareness and wellness.

[Read Vallie's story and see her interview.](#)



Snap, Crackle & Pop: Do Noisy Joints Signal a Problem?

From clicking sounds in your ankle to the pop of a knuckle, it's not uncommon for joints to make noise. Orthopedic Surgeon Lauren Hansen, MD, explains why joints "talk" and how to keep them in shape.

[Keep your joints hoppin' and happy.](#)



Shake Up Your Plate with These Good-for-You Food Combos

Taking a more deliberate approach to what you put on your plate can support better long-term health, says Dietitian Katelyn Newkirk. Learn about The Plate Method and food combinations that can boost the nutrition of your meal.

[Try The Plate Method and a cozy fall recipe.](#)



Three Exercises Boomers Should Avoid & What to Do Instead

There's no question regular exercise will improve your health. But with age, some exercises have the potential of doing more harm than good. Erik Hansson, health and fitness specialist at SamFit, offers better alternatives.

[Exercise wisely.](#)



Try Gluten-Free Crepes with Sweet or Savory Filling

Crepes offer a deliciously light and airy alternative to pancakes. With two options for fillings, this recipe aims to please sweet and savory fans alike!

[See the video and get the recipe.](#) (~ 1 min.)

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