

# Did You Know?

(NAPS)—A handful of peanuts is packed with 19 vitamins and minerals and seven grams of plant-based protein. The non-profit Peanut Institute offers more information and a collection of simple yet tasty recipes at [www.peanutinstitute.com](http://www.peanutinstitute.com).

Floridians seeking the best deals to get fit for swimming, surfing, biking, or family travel adventures have a variety of options. Programs such as those found through Active&Fit™ offer hundreds of free YouTube classes, including dance, cardio, strength training, and yoga. Learn more at [www.activeandfitnow.com](http://www.activeandfitnow.com).

“Oral health plays a role in all stages of life and it pops up often for mothers,” said Kyle Dosch, DDS, a licensed dentist who serves as Delta Dental of Washington’s dental director. Learn what to do at [www.deltadentalwa.com/blog](http://www.deltadentalwa.com/blog).

Outdoor power equipment is becoming faster, lighter, more efficient and more technologically advanced, says the Outdoor Power Equipment Institute (OPEI), which advises people to grow familiar with safe operating procedures and think ahead before foul weather or a power outage disrupts life. Learn more at [www.OPEI.org](http://www.OPEI.org).

For more peace of mind on your next trip, check whether your vehicle’s airbags have been recalled. Millions of unrepaired recalls are on U.S. roads today. You can find out if your vehicle has an open recall by visiting [CheckToProtect.org](http://CheckToProtect.org).

Everyone 5 or older who has completed the initial COVID vaccination series should get a booster, say the experts at the We Can Do This COVID-19 Public Education Campaign.



For more information and to find a vaccine, visit [www.vaccines.gov](http://www.vaccines.gov).

HVAC technicians tirelessly brave sweltering heat and numbing cold to restore your comfort, often at the hottest and coldest times of the year. Doing so lets them save homeowners money and reduce their carbon footprint. Learn more at [www.BreathingClean.com](http://www.BreathingClean.com).

For companies that are battling the Great Resignation, strong benefit offerings could help retain employees. For further facts and to view the HSA Bank Health & Wealth Index, visit [www.hsabank.com](http://www.hsabank.com).

To address teen e-cigarette use, Tobacco Free Florida offers Live Vape Free, a program featuring free tools and resources that provides teens with text support, interactive content and one-on-one coach support to help them quit e-cigarettes. Learn more at [www.TobaccoFreeFlorida.com/LiveVapeFree](http://www.TobaccoFreeFlorida.com/LiveVapeFree) or by texting VAPEFREE to 873373.

You can give your kids a shot at a safer school year with a COVID-19 vaccination, available at no cost to everyone age 6 months or older living in the United States, regardless of immigration or health insurance status. Learn more at [www.vaccines.gov](http://www.vaccines.gov).