

Did You Know?

(NAPS)—The average U.S. household can expect up to 8 days without air conditioning during summer heat without expansions in capacity, increases in efficiency and mitigation of climate change, according to a new study from AGU. Learn more at news.agu.org.

New pet parents should identify a full team of pet experts, including a veterinarian, trainer and groomer you trust, such as those at Petco pet care centers, to help you feel confident throughout every milestone. Learn more at www.petco.com/newpet.

The immersive JRNY digital fitness platform from Bowflex features hundreds of workouts including strength, cardio, HIIT, yoga, stretching and Pilates and is available on Bowflex cardio equipment with voice-coached custom workouts, trainer-led workouts and access to your own entertainment subscriptions. Learn more at www.bowflex.com/jrny.html.

The IRS offers an incentive to lower your tax bill when you save for retirement, point out the experts at the non-profit Transamerica Institute and its Center for Retirement Studies. For details and resources on this Saver's Credit, visit www.transamericainstitute.org/Saver'sCredit or the IRS at www.irs.gov.

People living with chronic kidney disease can build a path to better kidney care. For more information, visit The National Institute of Diabetes and Digestive and Kidney Diseases website at www.niddk.nih.gov. To learn



more about Kidney Precision Medicine Project research, visit www.kpmp.org/about-kpmp.

Mardi Gras is back and enjoying Jambalaya is a way to celebrate. You can try your hand at the classic New Orleans dish, using Zatarain's Smoked Sausage or quick and easy Zatarain's Jambalaya mix. For the recipe and much more, visit www.zatarains.com.

Myths and misperceptions about COVID and vaccines continue to arise and evolve on social media, online, and in daily conversation. Getting facts from a reliable source can keep myths from complicating decisions. For accurate, science-based information about vaccines and boosters, visit www.vaccines.gov.

For a clean house, the HVAC system should be inspected and cleaned regularly by a reputable, certified professional such as a NADCA member. They're trained and tested regularly, have a code of ethics and work in accordance with NADCA standards. Learn more at www.BreathingClean.com.