

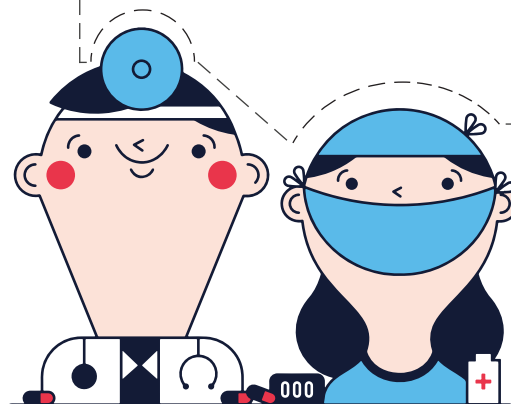
programs and services, ground-breaking research, and four clinical centers of excellence: The CHOC Children's Heart, Neuroscience, Orthopaedic and Hyundai Cancer Institutes. Learn more: [choc.org](http://choc.org).

## FEEL FINE IN YOUR 40s

While 40 is still young, this may be a time when you start to discover a few more expression lines or gray hairs. As you embrace mid-life, be sure to maintain good eating and exercise habits and prioritize routine physicals.

■ **Keep your mind sharp.** Why not take a class to learn a new language, take up a new hobby or master a technical skill?

■ **Achieve your dream of starting a family.** *HRC Fertility* has been dedicated to working with aspiring parents to achieve their dream of building a family since 1988. Their Fertility Specialists provide



■ **PRACTICE POSITIVITY.** Read something inspirational each day and incorporate positive affirmations into your daily habits.

world-class and compassionate care in state-of-the-art facilities, while partnering with their patients to implement advanced fertility treatment protocols to meet their specific needs and goals. For more information, please visit one of nine convenient locations including Newport Beach, Fullerton, Laguna Beach and Oceanside, or go to [havingbabies.com](http://havingbabies.com) or call 1-866-HRC-4IVF

■ **No more sleepless nights.** The anxiety, stress and economic worry caused by the pandemic has had a disastrous effect on sleep. Since the FDA's proposed black box warning on many of the most popular sleep aids, many people have been looking for a safe alternative. Too many sleepless nights can have dire consequences like an increased risk for diabetes, cardiovascular disease, and even Alzheimer's. Recently *Verdania Fields* introduced Deep Sleep which combines CBD with CBN. It helps provide longer, more restorative sleep with no morning grogginess. Customers proclaim the formula "life-changing." Schedule a free consultation with a nurse and learn more at [verdaniafields.com](http://verdaniafields.com)

■ **Make the one choice that takes care of everything.** Choose *MemorialCare*. Life is full of surprises. That's why MemorialCare offers access to virtual or in-person care from nationally renowned experts throughout Los Angeles and Orange County. After all, you can't predict life's surprises. But you can prepare for them. Choose [memorialcare.org](http://memorialcare.org)

■ **Practice positivity.** Read something inspirational each day and incorporate positive affirmations into your daily habits.