

SimplyWell LLC
9140 W. Dodge Road, Suite 408
Omaha, Nebraska 68114
1.877.991.9355

April Snippets

National Donate Life Month

119,000 people are waiting for an organ ~ Register to be a donor today!

Donate Life America and its partnering organizations are asking you and your loved ones to consider registering as organ, eye and tissue donors. People of all ages and medical histories can consider themselves potential donors.

If you donate...

- **Your organs, you could save up to 8 lives.**
- **Your cornea, you could restore sight to 2 people.**
- **Your tissue, you could heal the lives of 75 people.**

For those individuals who have saved lives through the gift of donation, Donate Life America and its partnering organizations are celebrating their final act of compassion and generosity. Through their act of selflessness, 33,600 transplants brought new life to patients and their families in 2016.

Register today at DonateLife.net to help the 119,000 people waiting for a second chance at life.

Source: [Donate Life America](http://DonateLife.net)

National Volunteer Week

April 23-29, 2017

Every April, charities, hospitals and communities recognize and celebrate the efforts of volunteers, and encourage others to do the same. Strive to say “thank you” to at least one volunteer you come in contact this month.

In addition, challenge yourself to get involved and volunteer with a cause or organization you are passionate about. You will not only be giving back to your community, but you will develop and/or build upon existing experiences and knowledge.

Source: [Association for Healthcare Volunteer Resource Professionals](http://AssociationforHealthcareVolunteerResourceProfessionals.com)

SimplyWell LLC
9140 W. Dodge Road, Suite 408
Omaha, Nebraska 68114
1.877.991.9355

National Humor Month

Laughter is the best medicine

It's no coincidence that National Humor Month begins with April Fool's Day, a light-hearted day where pranks and laughter abound. Humor is a powerful and therapeutic tool that can positively impact your health.

One of the ways laughter can improve your health is by lowering your level of stress. When stressed, you produce a hormone called cortisol. With the aid of laughter, cortisol levels can be significantly reduced.

So the next time you are feeling stressed, try to make yourself laugh! Watch a sitcom on TV or watch a funny video your friends are sharing on Facebook.

To learn more about lowering your stress, log in to your SimplyWell member portal. Under the **Resources** mega menu, mouse over **Health Information** and click on **Healthy Living**. Then click on the article titled **Stress Management: Approaches for Preventing and Reducing Stress**.

Source: [Mayo Clinic](#)