

# By Your Side

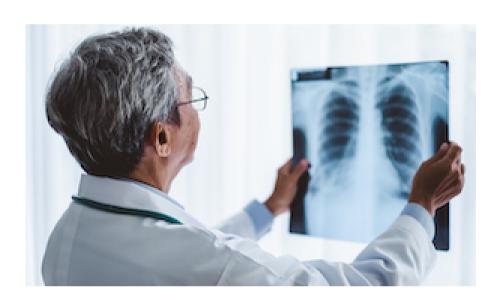
November 2022



#### **Healthy Eating Tips for Your Next Holiday Party**

It's fine to splurge a little at seasonal festivities, but many of us tend to overindulge from Thanksgiving to New Year's Day. Some mindful eating tips can help ward off unwanted weight gain — and improve our overall health and wellness.

**Learn more** 



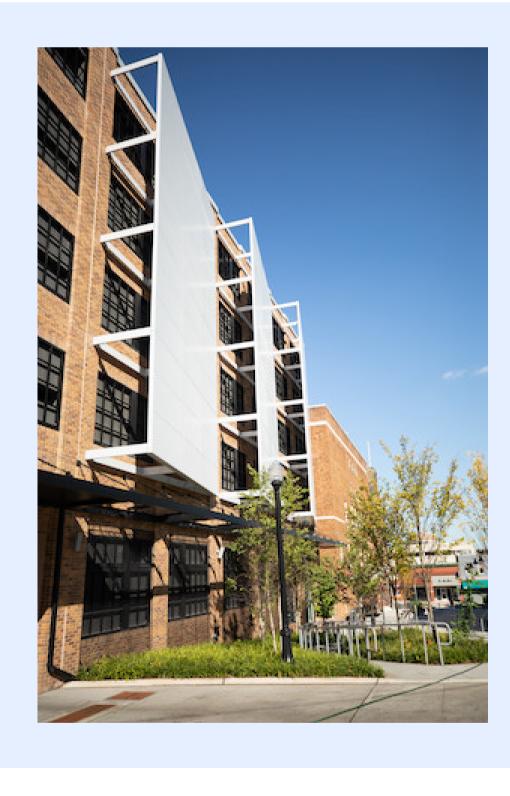
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From annual checkups to monitoring chronic diseases, our teams in Montclair and Clifton are available for all your primary and specialty care needs.

Clifton

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What are Skin Tags?



Why is RSV on the **Rise? What Parents Should Know** 



Vampire Facials: A **New Cosmetic Enhancement** 



**How Kindness Benefits** Your Health



10 Ways to Keep Your Spine Happy

## Resources on the go



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