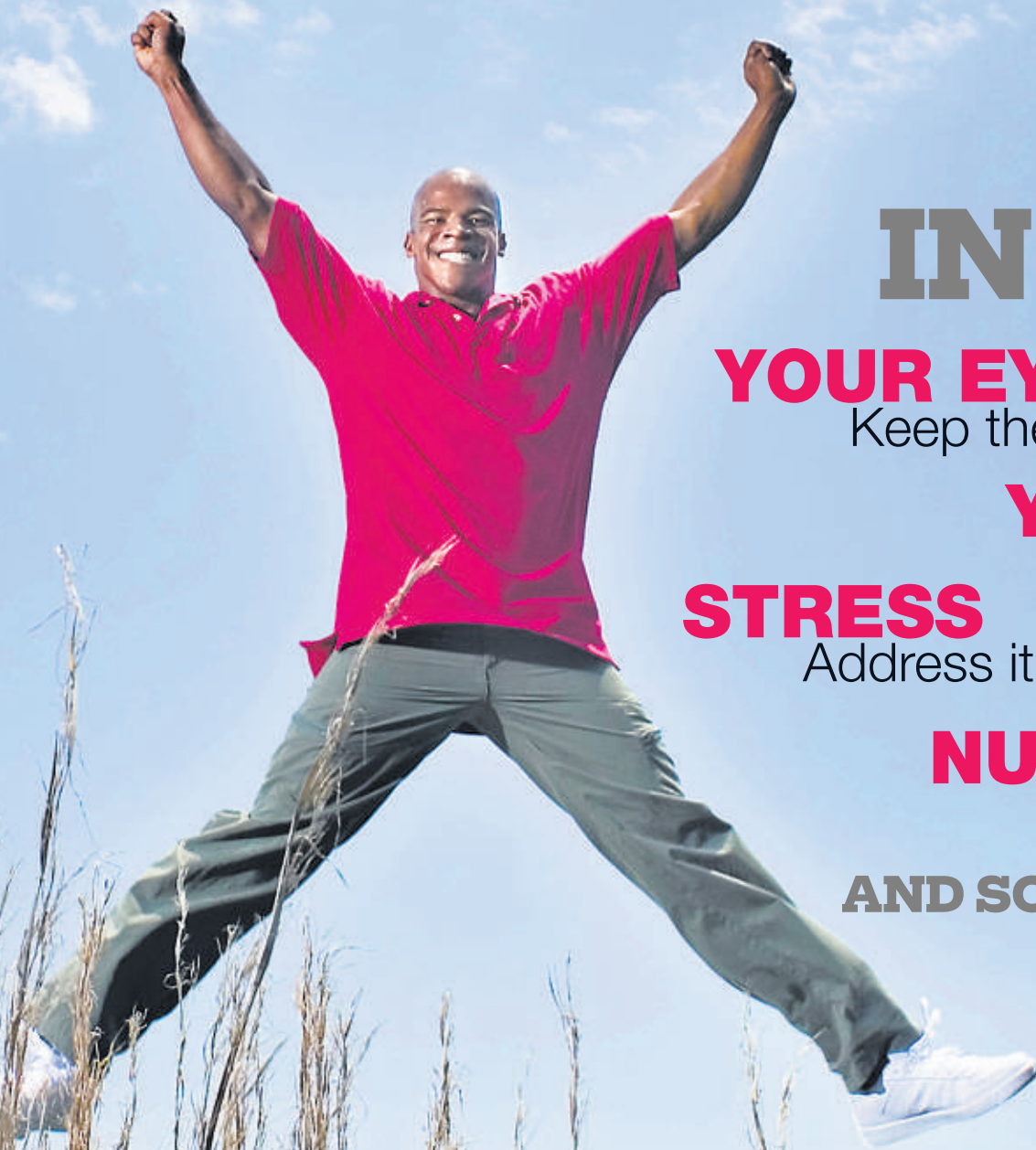


# DISCOVER Health

A SPECIALTY PUBLICATION OF THE RICHMOND TIMES-DISPATCH

MAY 26, 2019

*Richmond Times-Dispatch*



## INSIDE

### **YOUR EYES**

Keep them healthy

### **YOUR BACK**

Make it pain-free

### **STRESS**

Address it now

### **NUTRITION**

Protein shakes

**AND SO MUCH MORE >>>**