

Did You Know?

(NAPS)—Millions of Americans have their wisdom teeth removed to prevent or address teeth crowding or pain, reports Nadia Fugate, DMD, a licensed dentist who serves as a Delta Dental of Washington dental consultant. Learn more at www.DeltaDentalWA.com/blog.

Warming ocean waters caused a drop in the brightness of the Earth, according to a new study in the AGU journal Geophysical Research Letters, which publishes high-impact, short-format reports with immediate implications spanning all Earth and space sciences. Learn more at www.news.agu.org.

A Harris Poll survey, commissioned by OfficeSpace Software, revealed half those who went into an office before the pandemic don't want to any more. OfficeSpace, creator of better workplaces, commissioned the survey to better understand the sentiments and expectations of employed Americans. Learn more at www.officespacesoftware.com/hybrid-work-models/.

Finding a workout routine that works for you can improve mental health, mood, energy and combat disease. With tools such as the JRNY digital fitness platform, you can have 24/7 access to coaching and curated workout options. Learn more at www.bowflex.com.

Some Medicare Advantage health plans offer no-cost or low-cost fitness center memberships through programs such as the Silver&Fit® Healthy Aging and Exercise program. Key advantages include the option to choose from thousands of different types of fitness facilities. Learn more at www.silverandfit.com.

Sending gifts to friends and family and getting them there intact can be easy, if you heed the tips from the United States Postal Service available online and in “how to” guides on packing, addressing and shipping packages so they



arrive safely. Learn more at <https://www.youtube.com/c/usps>.

You can get the royalty fan and history buff in your life (including yourself) the gift of hundreds of documentaries about royalty around the world this holiday season through the True Royalty TV special offer. Go to www.trueroyalty.tv for details and options.

To better handle increased holiday volume, the Postal Service has 112 new package sorters and more than 50 additional systems to sort larger packages and leasing more than 75 peak season annex facilities—plus more than 40 annexes on multi-year leases. Learn more at usps.com/holidaynews.

You can keep a variety of Seagram's Escapes on hand this holiday season for a flavorful ready-to-drink beverage or to combine with a few other ingredients to create a unique, festive cocktail. Learn more by checking out some of these easy, holiday drink recipes at www.seagramsescapes.com/recipes.

A new approach to indoor ventilation called Air-Clenz has been developed that can significantly decrease the risk of COVID and influenza outbreaks in schools, offices and other indoor environments, and even speed a reduction in mask wear. Learn more at www.air-clenz.com.