

## November: Hot Topics

What are the hot topics this month? The H1N1 flu virus, Football, and Thanksgiving. How do you combine all of these topics into one month's article?

Thanksgiving is something we can do all year round, but we only talk about it for one month out of the year. I know we can be thankful for every day that we don't have the flu! Developing an attitude of gratitude can have health benefits that are far reaching.

[H1N1 Flu Prevention](#)

[Heart-Healthy Tips for Watching the "Cardiac Cats" \(Bengals\)](#)

Some Thanksgiving type heart-healthy recipes:

[Corn Chowder](#)

[Classic Macaroni and Cheese](#)

[Sweet Potato Custard](#)

