

# RAA REDDING ALLERGY & ASTHMA CENTER

Our mission is to help you feel better. We have board-certified allergy specialists and friendly staff who take the time to listen. Come visit our brand-new office near the intersection of West Paces Ferry Road and I-75.

We welcome children and adults with:

## Frequent runny nose and sinus congestion

- Asthma • Skin allergies/contact dermatitis
- Insect sting allergies • Food allergies • Hives



INSECT ALLERGIES



SEASON ALLERGIES



PET DANDER



FOOD ALLERGIES

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## Pay for college without going broke!

Free local workshops help parents save thousands!

Woodstock, Ga—Metro Atlanta parents planning on sending a child to college in the next few years, but who aren't quite sure how to pay for it can now rest a little easier.

Jason Flurry, CFP® founder of the National Center For College Planning and Legacy partners Financial Group has been educating parents about what to do if they haven't saved enough for college and retirement.

"It's really sad, but most parents we talk to have done really well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$50,000 a year. They don't know who to turn to for help," he says. "Furthermore, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a good six-figure income."

Jason would know, because he's worked with over 1000 families in the last 16 years ranging from single moms to corporate CEO's, and he swears he can help anyone get through the process and save a bundle...no matter how good of a student they have or how much money they make.

"Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works, and how they

can get their child into a top school easily, help that student pick a career that will suit them and pay them well, and save thousands of dollars in the process."

North Metro parents will have several opportunities to hear Jason speak. He is teaching his free class "How to Give Your Kid a 4-Year College Education...Without Going Broke!" throughout the year.

"We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it'll be like learning how to get a brand new Lexus for the price of a used pick up truck," he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more.

"The class is totally free, but seats usually fill up quickly. We have to turn people away or add them to a waiting list pretty often," Flurry says.

You can reserve a seat or get more info by calling (678) 388-2233 or online at [www.YourCollegePlanners.com](http://www.YourCollegePlanners.com).

## myfitness

### Smart Moves

Exercise is good for your brain, too

By Renee North, CPEP, NASM-CPT, BodyZone.com



You've heard that memory, as well as the ability to think and process information quickly, diminishes with age. You know the feeling: You come face to face with a longtime acquaintance and her name sticks on the tip of your tongue. Or you suddenly draw a blank when dialing a phone number you've known for years.

Many of us experience memory glitches and accept these occurrences as a normal sign of aging that will only worsen over time.

However, there are things we can do to stay sharp. New studies show that exercise actually improves memory and cognitive ability.

According to Dr. Steven Weiniger, Atlanta resident and author of *Stand Taller—Live Longer: An Anti-Aging Strategy*, "Current research shows physical fitness has a positive effect on mental fitness. Regular exercise is a powerful strategy for improving memory, as well as reducing the risks of illness that could lead to memory loss."

A 2006 study reported in the *Annals of Internal Medicine* found that people ages 65 and older who exercised at least three times per week had a 30- to 40-percent lower risk of dementia than those in their age group who did not exercise.

"You cannot ignore the mind-body connection. Research shows consistent exercise reduces the risk of developing dementia and Alzheimer's. As important to note is that not exercising increases the risk of these illnesses. For the sake of the brain and the body, move it to keep it," Dr. Weiniger says.

Here are some easy ways to get started:

**Walk.** Find reasons to walk every day. Stroll to the mailbox, always choose parking spots that are further from your desired destination, walk around the house while chatting on the phone. If you've already developed a daily walking routine, increase the distance and duration of your trips.

**Explore.** Now is a great time to discover new interests that involve active participation. Start a garden, participate in nature walks, volunteer in your community or join a social group that organizes regular outings.

**Partner.** Schedule a regular walk with a good friend; plan picnic lunches that begin and end with a walk in the park; sign up for a yoga, tai chi or posture exercise class. Commit to stay fit together.

Exercise your brain by moving your body. Start now, be consistent and gradually increase activity to stay fit in body and mind. ●