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FIT FOR FALL

4 RECIPES TO BOOST YOUR HEARING HEALTH



Did you know?

There are four major vitamins and minerals that can directly impact our hearing health: **potassium**, **folic acid**, **magnesium** and **zinc**. What's better, there are lots of foods that naturally contain these nutrients, and some are probably on your shopping list already!

[CHECK OUT THE RECIPES](#)

WE'RE HIRING!

We are currently looking for a new member to join our team – a driven individual looking to learn new skills and develop a long-term career with a great potential for growth. If you are interested or know someone who might be a great fit, click below to learn more about the position and how to apply.

[LEARN MORE](#)

Yarmouth Port office: 508-385-5222
Mashpee office: 508-539-9780

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