**Social Post**

**Caption:**☀️ Sunscreen myths busted.  
💊 Vitamin D done right.  
🧠 Brain health tips that go beyond crossword puzzles.  
This spring, take a smarter approach to wellness—with science-backed strategies.  
 #SpringHealth #BrainHealth #VitaminD #AlzheimersPrevention #PreventiveCare #AtriaWellness