Valentine's Chocolates Can Benefit Your Health

Chocolate has become a decadent expression of one's love, especially on Valentine’s Day, and giving someone a box of candies can be good for the heart - literally.

On Facebook: The science behind breaking up.

Reducing Salt in Diet Would Save Lives

Hundreds of thousands of lives could be saved over 10 years if Americans reduced their sodium consumption to the levels recommended in federal guidelines, researchers say. Some 80 percent of the sodium we consume comes from processed foods - and not necessarily the ones you would expect.
Achieving Magnet Status Elicits Pride
UCSF Medical Center and UCSF Benioff Children’s Hospital achieved Magnet® recognition from the American Nurses Credentialing Center (ANCC), a prestigious honor that has elicited enormous pride throughout the UCSF community.

Recognizing Great Manager Stuart Gansky
Stuart Gansky's motto for managing is simple: "Hire the best people you can find, talented, creative people; treat them the way you want to be treated...and finally, get out of your team’s way so they can do their jobs."

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