



Well on target

Health Kit | December 2020

Hello!

Here is your Health Kit for December 2020. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

The holidays are a special time of year when we get to enjoy spending extra quality time with family and friends. In the midst of all the excitement, it can be easy to forget about taking care of minds and our bodies. Use the information in this month's Health Kit to help you make healthy choices this season.

Use the tips in this month's poster to stay safe and avoid these common holiday hazards.

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Brain Game: Word Scramble

Can you complete this month's crossword puzzle?

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Continued on Page 2

Recipe

Click to view this month's recipe for a healthier take on a holiday favorite.

Short Video: Hosting a Holiday Gathering

Watch this short video for tips on hosting a safe holiday gathering.

Podcast: A Healthier Approach to the Holidays

Listen to this podcast for tips to help you make mindful decisions and keep you healthy, both physically and mentally, this holiday season.