

December 26, 2014



Share the Wellness Tip

Keep Calm and Eat Together

Family dinners aren't the magic bullet; but, health and wellness experts recommend eating together as a family to help both physical and mental well-being. If you are already doing family dinners, please don't stop. If you aren't, please try them out – even if it's just once a week and the food is takeout. Shut off the TV, and get everyone to the table!

Family dinners give you a chance to check in and have a conversation. Family dinners are a practical tangible way to send a clear message that you care about what is going on with your family and that you all are important to one another. There are many things you, as a family, can gain from having dinner together, but three very important benefits are:

- 🎄 Learning the skill of conversation
- 🎄 Gaining developmental communication
- 🎄 Receiving nutritional benefits.

Sources: Hope Health Letter

