



Health and Wellness

Tip of the Week Week 49 December 7, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Give The Gift Of Health And Safety

As you get ready for holiday meals and time with friends and family, don't forget to give the gift of health and safety with these easy holiday tips:

- Wash your hands often with soap and water for at least 20 seconds.
- In cold weather, stay dry and dress warmly in a few layers of clothing.
- Manage stress. Relax and have a clear outlook. And don't overspend or over-commit.
- Most fires in the home happen in winter. Make sure your smoke detector and carbon monoxide detector are working.
- Stay active during the holidays and eat healthy. Limit holiday snacks and sweets to a couple of special treats each week.



Source: Centers for Disease Control and Prevention

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