

THIS HOLIDAY SEASON DON'T FORGET ABOUT YOUR

Wellness!



POWERED BY SYSTEMS 24-7

To:



From:

- Cook a huge meal for your family, but remember to donate to your local food banks as not everyone can afford a Christmas dinner.
- All those beautifully wrapped presents make for some big smiles, but remember to recycle all the paper and plastics to help minimize your environmental impact.
- Cozy up and learn something new with a good book, but then remember to train your heart with some physical activity.

Give the gift of Wellness and spread the love!