



HEALTHY HOLIDAYS

Bingo Challenge

Call or text a good friend

Exercise for 30 minutes



Get your annual flu shot

Curl up with a good book

Go for a walk

Play a game

Drink 6-8 glasses of water

Go play outside

Say NO to something you don't want to do



Sign up for a LiveWell Fit event



Join the Wellness Volunteer Network

Bake and enjoy the cookie recipe in this newsletter

FREE SPACE

Take 30 minutes to rest and relax

Find a new recipe to cook

Turn your phone off for an hour

Try a new fruit

Schedule your annual physical for 2022



Sign Up for the Trust E-Newsletter

Watch a movie that makes you laugh

Try a new vegetable



Read about your benefits on the Trust website

Take a bath

Try a new hobby or activity

Get at least 8 hours of sleep