



DECEMBER 2025

WELLNESS NEWSLETTER

Movement & Self-care



Nutrition Focus

- Eat healthy snacks between special occasions
- Keep a wide variety of fruits & veggies available
- Enjoy festive treats in moderation
- Start comfort food meals with salad

Healthy Habits This Month

- Keep moving, even if indoors
- Set aside time for rest
- Commit to self-care activities
- Help others through volunteering

Fun Days to Celebrate

- 12/4 - Sock Day
- 12/21 - First Day of Winter