



NOVEMBER 2025

WELLNESS NEWSLETTER

Gratitude & Healthy Holiday Habits



Nutrition Focus

- Choose whole grains and veggies during holiday meals
- Explore healthier versions of favorite fall dishes
- Stay hydrated with warm teas and infused water
- Keep balanced breakfasts during the busy season



Healthy Habits This Month

- Practice gratitude journaling
- Take family walks after meals
- Prioritize sleep during the holiday rush
- Create a "kindness challenge" as a family

Fun Days to Celebrate

- 11/8 – STEM Day
- 11/13 – World Kindness Day