



WARM UP TO WELLNESS

To stay **healthy** and **safe** this winter, consider the following tips:

Wash hands often to help stop the spread of colds and flu.

Include an emergency kit in your vehicle.

Note the weather conditions when you dress for outdoor activities.

Take time to enjoy a hobby or try volunteering in your community.

Encourage your family to turn off the screens and be more active together.

Remember to bring healthy snacks to eat during your winter activities.