

DECEMBER 2017

Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

12 DAYS OF GIVING

We're giving back to our community and we'd love your help.

#GSGivesBack

1

Please help us with Santa's list by bringing new, unwrapped children's toys today!

2

Please bring in personal care items today.

3

Please bring in packages of diapers today.

4

Please bring in non-perishables, portable food, blankets, and other warm items.

5

We are requesting some socks or shoes to help comfort their little toes.

6

Please bring pet food or supplies today.

7

Please bring sweaters and coats for individuals of all ages.

8

Please bring school supplies, pencils, pens, and paper, to help our kids write.

9

When shopping, pack a snack. Instead of visiting the food court.

10

FLU SEASON

Wash hands often to help prevent the spread of germs.

11

Get your vaccinations.

Vaccinations help prevent diseases and save lives.

12

MOVE MORE

You're bound to be busier around the holidays, but don't let physical activity go by the wayside.

13

Get exams and screenings.

Ask your health care provider what exams you need

14

MANAGE STRESS

Find support, connect socially, and get plenty of sleep.

15

Practice fire safety.

Most residential fires occur during the winter months.

16

Add raw or lightly cooked garlic and onions to your meals to boost immunity.

17

Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion.

18

If the weather outside is frightful, make sure you are bundled up tight

19

Be sure to stay hydrated. Even in the cold months drinking water is very important.

20

Get your vitamin D level checked. D is at least as important as calcium for strong bones.

21

Protect your skin!

Sunscreen is just as important in the winter to protect against UV rays.

22

Practice good hand hygiene—

If you are going to a busy shopping mall, pack hand sanitizer

23

Eat a light snack before your holiday parties. This will keep the overindulgence in check.

24

Be merry and enjoy yourself

25

Christmas

Hermiston Community Dinner 11:00-2:00

26

Spend time with others—

conversation may help keep you as sharp as doing a word puzzle

27

MOVE MORE

Maintain and don't gain, park further away today

28

Take a break from the Holiday fare:

For dinner make your main dish a salad of dark, leafy greens

29

BE ACTIVE!

Get outside today

30

Beat the post holiday slump.

Make plans for January and set some achievable goals for 2018.

31

Happy New Year!