



Hello!

Here is your Health Kit for November 2020. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference. Thanks for your efforts!

We can't stop winter from coming, but we can take basic precautions to stay safe and healthy. Learn more with the tips, information, and resources provided in this month's Health Kit.

Poster: Winter Wellness Tips

Keep your physical and mental health in check this winter with the tips in this month's poster.

[Download Poster](#)

Brain Game: Word Scramble

Can you unscramble these phrases?

[Download Game](#)

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Recipe

Click to see this month's recipe for a hearty, one-pot meal that's perfect for a cold, winter night.

[Download Recipe](#)

Short Video: How to Get Through Pandemic Winter

Watch this short video for ways you can prepare, emotionally and physically, for a pandemic winter.

[Watch Video](#)

Podcast: Preparing for Winter Weather

From chilling temperatures to slippery sidewalks, winter weather poses certain safety risks and health concerns. Listen to this podcast to learn how to keep you and your family safe this winter.

[Listen](#)

Additional Information:

[For More Information on Winter Safety Tips](#)

Coming up...

Tune in next month for information on staying healthy during the holidays.

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