

Why shouldn't I have another holiday treat?



'TIS THE SEASON FOR TEMPTATIONS

Tips on how the holidays can bring out the best in you, not get the best of you: www.FOH.hhs.gov/BEST



Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

EAP

Why don't I feel like celebrating?



UPS AND DOWNS OF THE HOLIDAY SEASON

Tips on how the holidays can bring out the best in you,
not get the best of you: www.FOH.hhs.gov/BEST



Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

EAP