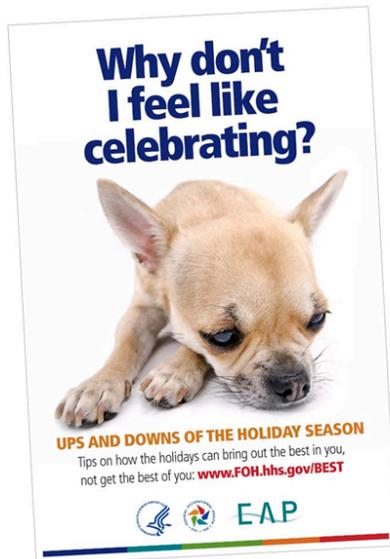


Email Subject Line: Tips for a Healthy and Happy Holiday

This December, let the holidays bring out the best in you—not get the best of you.



Get holiday tips for mind, body, and spirit.

It's easy to get out of balance when things get hectic. And things have the potential to get truly hectic during the holiday season. That's why it's important to take good care of yourself.

Often when we hear “take care of yourself,” we think about the body first, but we shouldn't forget the mind and spirit, too.

Taking a holistic approach to caring for yourself this holiday season—and throughout the year—can really make a difference in your physical, emotional, and psychological well-being.

Visit www.FOH.hhs.gov/BEST for ideas on staying balanced this holiday season and addressing the needs of the mind, body, and spirit.