

HAPPY, HEALTHY HOLIDAYS



Make the 2014 holiday season happy, and healthy. Along with parties, family gatherings, holiday traditions and celebrations; take time to rejuvenate and reflect. What do the holidays truly mean to you? Take a moment to relax, breathe and enjoy!

Quick tips for happy, healthy holidays:

Click here for the [Harvard Pilgrim Work & Life Balance Page](#) for tips on staying balanced, including a link to the article *"Making Physical Activity a Regular Part of Your Day"*.

Click here to reach the [Tufts Health Plan "Well!"](#), and look for an article on how to *"Beat the Seasonal Energy Crisis"* on page 10.

Click here to [Test Your Knowledge on Holiday Sweets](#) on the BCBS "A Healthy Me" page.

Click here to find an article on the FCHP Health and Wellness Blog about [Less Stress, More Joy for the Holidays](#).

FOR INFORMATION ON WSHG WELLNESS, CLICK HERE:

[West Suburban Health Group Wellness](#)

FOLLOW WSHG WELLNESS ON TWITTER @WSHGWELLNESS