

Fold on dotted lines and tape ends together.

Learn more at PacificSource.com/healthyholidays.

- **Share the gratitude and laughter.** Melt away stress by sharing a laugh with loved ones.
- **Breathe it all in.** Schedule some time to rest, recharge, and take a deep breath.
- **Sneak in more movement.** Power walk at the mall for 15 minutes before shopping, or park at the back of the parking lot (on purpose).

- **Dance the night away.** Did you miss your workout? Get on the dance floor to burn extra calories!
- **Give the gift of better health.** Support your friends' or family's wellness goals with healthy gifts, such as a massage gift card, cookbook, fitness tracker, and more.

Healthy through the Holidays



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HEALTHY LIFE

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