



Don't let the bustle of the year-end holiday season overwhelm you! Take control of your calendar by scheduling quality time for yourself. Take short walks purely for the exercise, or do something you enjoy. Make sure to get enough sleep and eat nutritiously. You'll enjoy time spent with family and friends so much more when you put your own health first!

"It's all about quality of life and finding a happy balance between work and friends and family."

Philip Green