

COMING SOON!



# MAINTAIN DON'T GAIN<sup>SM</sup>

'TIS THE SEASON TO LIGHTEN UP



Join us for this eight-week holiday newsletter wellness campaign and learn how to maintain a health-promoting lifestyle, while still celebrating in style.

### Discover how to:

- Maintain your weight without packing on holiday pounds
- Prepare healthy holiday recipes that will tempt the pickiest of eaters
- Stay healthy and avoid illness
- Find time to sneak in physical activity to burn extra calories
- Have more energy to enjoy the all the festivities of the season
- Enjoy the hustle and bustle with less stress

Through this campaign which begins on Sunday, November 15<sup>th</sup>, you will learn strategies for eating well, staying active and managing stress during this busy time of the year.

Look for weekly newsletters beginning Friday, November 13<sup>th</sup> @ [wpaumc.org](http://wpaumc.org) Health As Wholeness web pages, and celebrate the holiday season with balance, joy and good cheer!