



*Happy
Holidays from
all of us here
at Juniper
Health!*

MENTAL HEALTH CORNER

6 Tips for Healthy Holidays

1. Keep up your healthy habits.
2. Be aware of seasonal treats, but enjoy in moderation!
3. Stay active, even if it's small things amid the hustle and bustle.
4. Give yourself time to relax and recharge. Avoid overbooking yourself and make time for self-care.
5. Make a plan for the new year with realistic, attainable goals.
6. Make sure you're getting enough sleep.

NATIONAL FLU VACCINATION WEEK

December 5-9, 2022

Have you received your annual flu shot yet? Flu vaccines are the only vaccines that protect you and your loved ones from flu and its potentially serious complications. There's still time to get vaccinated, talk to your provider today!

Find out more at [CDC.gov](https://www.cdc.gov)

