

# Make Your Winter WONDERFUL

## 6 TIPS to Keep You on Course This Season



### Watch your weight

Add healthier foods into your diet.

### Don't skimp on sleep

Squeeze in 7-8 hours a night.



### Bundle up the family

Get outside for some fun!

**Protect your skin**  
On the outside (lotion up!)  
and on the inside (drink up!)



### Take care

Schedule a wellness check with Dr. Claussen today.

**It's not too late**  
Get your flu and COVID vaccines.

