



# Healthy Holidays – Maintain Don't Gain

November 15- January 7

Don't just survive this time of year, thrive! Take control this holiday season with tips for eating well, navigating family gatherings, managing stress, coping with loss and loneliness, and staying active.

**Participate and be entered into a drawing for a \$50 Amazon Gift Card!**

## Schedule

Join us for a 8-week email based wellness challenge\*!

**Week 1 – The Most Wonderful Time of the Year**

**Week 2 – Healthier Holiday Eating Habits**

**Week 3 – Celebrate the Season with Ease**

**Week 4 – Run Run Reindeer**

**Week 5 – Celebrate Connections**

**Week 6 – A Toast to Your Health**

**Week 7 – A Reason for the Resolution**

**Week 8 – Wrapping it Up**

*\*Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.*

**REGISTER  
TODAY**

or at [pehp.org](http://pehp.org)  
Sign up early to  
receive all the  
weekly emails