

Healthy Holiday Tip #1



Beat Holiday Burnout

Set priorities and plan ahead. Ask yourself what your priorities should be during this holiday season. Eliminate those tasks that aren't of importance and focus more energy on the things that matter...like family time.

Stress has a big impact on your health. It is also linked to many chronic diseases. Maintain regular chiropractic care to reverse the effects of stress.

(Tear here and enter to win!)

Name one activity or function that you can eliminate from your holiday season this year and decrease your stress load.

Name _____

Answer trivia on Facebook for an extra chance to win!

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