

Nutrition for Darker Days

Winter Wellness Starts with Smart Nutrition



Vitamin D

Crucial for bone health, immunity, and overall well-being. Find it in sunlight, fatty fish, fortified dairy, and egg yolks. Visit the Wellness Center for your top-quality Vitamin D supplements.

Immunity Boost

Load up on vitamin C (oranges, bell peppers, broccoli, and berries). Enhance your immune system with garlic, ginger, and probiotics (yogurt, kefir, fermented foods).



Mood Matters

Boost mood with omega-3 from fish, flaxseeds, and walnuts. Stabilize blood sugar and serotonin with whole grains oats, quinoa, brown rice.



Did You Know?

Events

Covid Vaccines
Scan for Appt.



Clinic Closed
Dec. 22nd & 25th



Prioritize Safety on the Slopes

Annually, 200,000 Americans visit the ER for winter sports injuries. Ensure safety with proper gear: helmets, wrist guards, padding, for a better slope experience.

Hygge (hyoo-guh) Happiness

Embrace the Danish concept of "hygge" to create a cozy, warm atmosphere during winter, boosting overall well-being in colder, darker days.

Hydration Matters

Stay hydrated year-round by enjoying warm herbal teas, water-rich soups, and using insulated bottles to keep drinks warm.

Winter Allergies: Indoor Air Quality

Combat indoor allergies by prioritizing ventilation and reducing pollutants. Invest in a HEPA filter for cleaner, healthier air this winter.

To stay proactive about your winter health, click [here](#) to schedule an appointment with our nurse practitioners today.

A Focused Look

Winter's Dark Days: A Unique Mental Health Challenge

Seasonal Affective Disorder (SAD)



Of the U.S. population experiences winter depression due to limited sunlight exposure.

Combating Winter Blues



Embrace outdoor activities, light therapy, and self-care for a happier winter.

Melatonin Influence



Longer nights can lead to increased melatonin production, impacting mood and energy levels.

Vitamin D Deficiency



Reduced sunlight means less vitamin D, linked to mood regulation.

Enhance your winter well-being with our [MWC nurse practitioners](#), and combat Seasonal Affective Disorder for a brighter, happier season.

A Word From Our HSS Affiliate

Holiday Safety Tips: How to Deck Your Halls the Right Way



Here are a few tips from our affiliate, HSS, on how to stay safe while decorating for the holiday season.

Click [here](#) to learn more!

If you think you need a referral to HSS. Schedule a visit with one of our [Chiropractors](#) for a hand picked concierge referral.

Rehab Corner

Mastering the Quad Birddog



Discover the key steps and tips for mastering the Quad Birddog exercise. Strengthen your core, improve balance, and boost your posture with this challenging yet rewarding move. Get ready to embark on a journey to a healthier and more stable you!

Click [here](#) for video.