





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.



broccoli, and berries). Enhance your immune



Mood Matters

Boost mood with omega-3 from fish,

flaxseeds, and walnuts. Stabilize blood sugar and serotonin with whole grains oats, quinoa, brown rice.

⊕

Covid Vaccines

Scan for Appt.

COVID-19

VACCINE

millennium 360 MEDIO



Events

Did You Know?

Dec. 22nd & 25th



Clinic Closed 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

Prioritize Safety on the Slopes

Annually, 200,000 Americans



concept of "hygge" to create a cozy, warm atmosphere during winter, boosting overall well-being in colder, darker days. **Hydration Matters**

Winter Allergies: Indoor Air Quality

Combat indoor allergies by

closure to ensure a safe and healthy holiday season.

pollutants. Invest in a HEPA filter for cleaner, healthier air this winter.

5%

prioritizing ventilation and reducing

by enjoying warm herbal teas, water-rich soups, and

Stay hydrated year-round

using insulated bottles to keep drinks warm. To stay proactive about your winter health, click here to schedule an appointment with our nurse practitioners today.

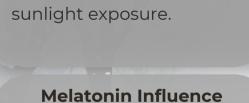
A Focused Look Winter's Dark Days: A Unique Mental Health Challenge

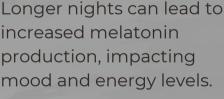
Combating Winter Blues (SAD)

Of the U.S. population experiences winter

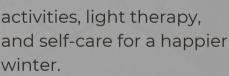
depression due to limited

Seasonal Affective Disorder

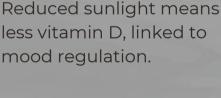




Embrace outdoor



winter. **Vitamin D Deficiency**



Enhance your winter well-being with our <u>MWC nurse practitioners</u>, and combat Seasonal Affective Disorder for a brighter, happier season.

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

A Word From Our hss Affiliate

season.

Here are a few tips from our affiliate, HSS, on how



Click here to learn more! If you think you need a referral to HSS. Schedule a visit with one of our <u>Chiropractors</u> for a hand

to stay safe while decorating for the holiday

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.

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