January/February 2019



fit



What do you want to be in 2019?

New year, New you challenge! What are you going to be in 2019? Fill out the new years resolution paper and put it on the front board.

You have two months to get to your goal. You will do a weekly strong check-in with a staff member balanced and we will give you a sticker to bold put on your paper. At the end of February if you have completed your goal you will receive a t-shirt! (while supplies last)

Ríddles

What is in seasons, seconds, centuries and minutes but not in decades, years or days? Many have heard it, but nobody has ever seen it. It will not speak back until spoken to. What is it? Did you hear the one about a chemist who was reading a book about helium? What time is spelled the same forwards and backwards?

New Schedule starts January 14th, 2019



Seasonal Affective Disorder

It's that time of year when some people are affected with SAD. Seasonal Affective Disorder or SAD is a form of depression that occurs during the same time every year. Less sunlight, colder weather is enough to make some people want to stay indoors and hide in their beds.

SAD can actually start in the fall and go until spring but most cases occur in the deep winter months. People with extreme symptoms of SAD - decreased energy levels, increased desire to be alone, or increased depression should seek advice from their medical doctor.

How to ease the lighter SAD (the winter blues) symptoms:

Get outside for some vitamin D!

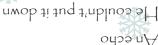
Make sure you eat whole foods and drink water daily!

Exercise will help to boost your serotonin

(the happy chemical in your brain) level.

Come to the gym, try a new class, and sweat daily!





he Letter "n"

uooN



			1	8				1
	3		2			6	5	
1		9			5	4		8
4			7	6		8		5
	7						4	
2		5		9	8			6
2 3		1	6			9		6 2
	5	7			4		6	
6				3	1			
SUL								

