

GROWING WELLNESS



Mental Health Minute Winter Blues

With winter now in full force, the cold temperatures and short days lead many people to experience a common phenomenon known as the “winter blues.” This refers to feelings of lowlevel sadness or sluggishness that often persist during this time of year.

While you may not be able to change the weather or amount of daylight during the winter months, you can practice good self-care to combat behavioral changes.

Visit Febraury’s mental health minute for some tips on how to get through the winter blues!



Live Well, Work Well

The February edition of Live Well, Work Well is here! Learn about the latest nutrition science, vitamin D supplements, and get some self-care tips for Winter.

National Monthly Awarness

February is American Heart month. Heart disease is the leading cause of death in the United States. Cardiovascular disease and the conditions that lead to it can happen at any age. This month, take time to check you cardiovascular health. Even though heart disease can be deadly for adults, it’s also preventable in most people. Contact your doctor to learn more about heart health and early warning signs.

