

GROWING WELLNESS



Mental Health Minute Dry January

Committing to a “Dry January” offers significant mental health benefits including:

- Improved mood and emotional stability
- Reduced anxiety and stress
- Boosted self-esteem and sense of control
- Better social and emotional awareness

Taking a month off from alcohol gives your mind and body time to reset and offers insight into your drinking habits. If you're considering quitting entirely or have concerns, consult a health care professional.



Live Well, Work Well

The January edition of Live Well, Work Well is here to help you clear clutter, learn more about the health benefits of Dry January, and have healthy skin this Winter.

National Monthly Awareness

January is National Blood Donation Awareness Month. Winter is one of the most difficult times of the year to collect enough blood products to meet patient needs. That's why National Blood Donor Month is celebrated every January. Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross' requirements to donate blood safely.

