

Stay connected and **embrace new traditions**

As we enter the holiday season it's important to remember you deserve celebration and happiness. Take control and forge new traditions, even if those traditions aren't what you originally intended.

Here are just a few ways to stay connected this year.

- Plan recipes as a family, then cook and eat together.
- Play online games together such as trivia, dance contest or karaoke night.
- Mail cards or gifts to loved ones you can't be with, then open them together on a virtual platform.
- Send flowers or have food delivered to family members.
- Go for walks outdoors with friends and family.

For more tips on having a health holiday, check out ndbh.com. We'll help you maximize enjoyment while staying safe this year.



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