MERRY CHRISTMAS!!
May this season be one of quiet reflection and joyous times spent with family and friends!

“AND THE ANGEL SAID UNTO THEM, FEAR NOT: FOR, BEHOLD, I BRING YOU GOOD TIDINGS OF GREAT JOY, WHICH SHALL BE TO ALL PEOPLE. FOR UNTO YOU IS BORN THIS DAY IN THE CITY OF DAVID A SAVIOUR, WHICH IS CHRIST THE LORD. AND THIS SHALL BE A SIGN UNTO YOU; YE SHALL FIND THE BABE WRAPPED IN SWADDLING CLOTHES, LYING IN A MANGER. AND SUDDENLY THERE WAS THE ANGEL A MULTITUDE OF THE HEAVENLY HOST Praising God, and saying, Glory to God in the Highest, and on earth peace, good will toward men.” ~LUKE 2:10-14
Healthy Holiday Eating Tips

1. Drink plenty of water. Staying hydrated can help control our cravings and decrease over-eating.

2. Watch your portions. Moderation is the key to weight management. Do not go back for seconds.

3. Do not skip meals. When you skip a meal you tend to overeat at the next meal. You may not be mindful of what you are consuming if you are hungry.

4. Focus on friends and family. Do not make the meal the center of attention. Slow down and enjoy the company of family and friends.

5. Move. Include activity in your celebration—walk after a meal, play an active game or go to the mall to window shop.

6. Include fiber. Fiber tends to make you feel fuller. Include whole grain breads and crackers. Salads, bean dips and vegetable/fruit trays are some ways to add fiber to your meal.
Chair Exercise Class

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 6:19-20

Are you at risk for diabetes?

If you have any of the following risk factors, talk to your Health Care Provider about what blood tests you might need!

- Being overweight
- Physical Inactivity
- Family history
- Race/Ethnicity
  - African Americans
  - Hispanics
  - Native Americans
  - Asian Americans
  - Pacific Islanders
- If you are over 45
- High Blood Pressure
- High Cholesterol
- Heart Disease

Women
- If you had gestational diabetes
- Polycystic Ovarian Syndrome (PCOS)
Upcoming Events

December 4, 11 & 18 Chair Exercises from 10am-11am.

January 2019
Daniel Diet will be offered. For more information see Matt Loper.

February 2019.

April 13, 2019
5K and Biometric Screenings at Dunnville Christian Church.