



What the Health!?

January 2023

New Year. New Resolutions!

- Try one new food every week
- Have your picture taken in 5 unusual places
- Explore somewhere new in 2023
- Clean, organize, and donate items that have not been used in the last 3 years
- Start a new hobby
- Develop better routines in the morning and night
- Break one bad habit
- Reconnect with an old friend or a relative you have not seen in a while

Stay Safe



This Winter

Check Your Tires

Make sure your tires have good traction. Consider having snow tires on during the winter.

Brush Off Snow

Remove snow from your windows, roof, and off the hood of the car before driving.

Increase Distance

Leaving more distance between you and the vehicle in front of you will give you more time to slow down if you lose control.

Slow Down

Reduce your speed when roads are icy or snowy.

Turn Off Cruise Control

Have full control of acceleration when roads are icy or snowy.

Fuel Up Your Tank

The extra weight will help prevent sliding.

Emergency Kit

Keep a roadside emergency kit in your car.

Do not drive if roads are hazardous unless it is absolutely necessary!

January is...

HUMAN TRAFFICKING AWARENESS MONTH

TEXT INFO OR HELP TO BEFREE (233733)