A Time for Change?
Happy New Year!
The new year is a great time to think about you.
Is there anything you want to change?
It is easy to do. Start with one small change.
Maybe you want to spend less time with screens.
If so, how about starting a family game night?
Maybe you want to eat more healthy food?
Add one snack that includes fruits or vegetables. You can make it yourself.
Perhaps you want to become stronger? You can do it!
Find one new way to move your body. You can take a class!
Make one good change and start today.
Happy New Year!