FEATURED RECIPE:
Sausage, kale and lentil soup – easy, healthy, satisfying, and perfect for these chilly evenings!  Click here for the recipe.

10 Tips to Keep You and Your Family Healthier This Winter
By guest author Lima Cranford, Greenbrook Elementary PTA Health and Wellness Committee member

With the arrival of chilly winter temps we tend to spend more time indoors with the windows shut. We are also are less active and more "indulgent" leaving our immune system less equipped to fight off threatening germs. To add to that, our kids bring home unwanted “germly” guests that seem to circulate through the entire household before finally making an exit. Here are simple suggestions to help ward off common illnesses, or at least shorten their duration and impact.

1. Wash your hands!
2. Cover your cough
3. Get your health tune up
4. Keep Moving--outdoors when possible
5. Eat the rainbow
6. Hydrate!
7. Protect yourself from dust mites
8. Get your zzzzz's!
9. Quarantine your germs
10. Boost your immune system

Click here to read the full article...

Happy holidays and here's to a healthy, joyous winter break!

• Health and Wellness Committee Meeting – 10:30am Tuesday January 5\textsuperscript{th} at Amelia's house
• Save the Date: Health and Wellness Fair – Wednesday February 17, 2016

Live, love and laugh...
Contact Amelia at amelia@andaleon.com about Greenbrook's Health and Wellness programs.