

## **HEALTH AND WELLNESS**

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Bulletin

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Welcome to 2022. Let's hope it's much better than 2021 and we are all much healthier.

I am anxiously waiting for the Health and Wellness Reports that you will mail very soon.

Don't forget to include even the smallest thing your club members did. Every little thing adds up to big things. A narrative is very important. Report how you did the project, why, who worked on it, the time it took and the cost. Most important is the reason for the project.

Please remember National Wear Red Day, February 4. Wear something Red to bring awareness to the growing epidemic of Cardiovascular Disease. Red can be lipstick, or a sweater or dress. Decorate your town with Red Ribbons and posters to bring awareness to Heart Disease. Have your members wear Red to your meeting.

Now with the New Year, think about Gilda's Club and Wellness Centers. If your club has members that sew, knit or crochet, think about making comfort pillows for breast cancer or heart surgery. Offer items to the local Adult Day care.

For those who have not received their immunizations, try to encourage them to get the shots, and boosters. Also, flu shots, pneumonia shots and the shingles shots are important too.

Let's try to keep our member healthy for the new year.

**LET OUR VOICES SOAR**