A New Year of Healthy Possibilities!

Take Time to make a healthy lifestyle your resolution

- Make healthy food choices
- Be active! Exercise can lower blood pressure, improve blood cholesterol levels, and reduce the risk of cardiovascular disease.
- Exercise can also reduce depression in many people and help prevent it.
- Make an appointment for a check-up, vaccination, or screening.

You are never too young to start making it a habit to visit your Health Care Provider once each year. Know where to go for care if you do not have health insurance. *Kaiser insurance is accepted at Pulse Urgent Care and hospital emergency rooms in Shasta County.

- Get enough sleep. Remember that sleep is a necessity, not a luxury.

January is National Blood Donor Month
*Don’t forget to attend our next Blood Drive on January 27th!

February is American Heart Month
http://www.heart.org/HEARTORG/

3 STEPS TO FIGHT THE FLU:

1. VACCINATE:
   It is not too late to get the flu vaccine! If you would like to schedule an appointment with Nurse Connie to have your flu immunization, please email cechols@simpsonu.edu

2. STOP GERMS:
   Try to avoid close contact with sick people. Wash your hands often with soap and water.

3. ANTIVIRAL DRUGS:
   Antiviral drugs can make illness milder and shorten the time you are sick. They can also prevent serious flu complications, like pneumonia.

   *Flu activity is increasing nationally and is high in some states. Additional increases are expected in the coming weeks. If you have not gotten your flu vaccination yet this season, you should get one now.