



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
For more information, click on the links provided	Check out our Wellbeing Insights e-magazine for additional inspiration				CROHN'S AND COLITIS AWARENESS WEEK Download We Can't Wait: Restroom Finder App 01	Stay Hydrated. Keep your water bottle close by during this busy season 02
Keep your holiday spending in check by having a holiday spending guide 03	Extend love and care to our furry friends—participate in Operation Santa Paws 04	 Hand Washing Awareness Week 05	Watch out for small moments of happiness today 06	MONTH OF GIVING Support a charity, cause or campaign you care about 07	Spread some joy by baking treats and sharing them with others 08	Test your Flu IQ 09
Enjoy a holiday movie with friends or family 10 	Giftng a toy this month? Check out these safe toy and gift tips before you buy 11	Practice some yoga poses today 12	Cold vs. Flu? Do you know the difference? 13	Give back as a family with one of these fun service ideas 14 	Check out store sales and coupons before planning your shopping trip 15	Share a smile with 3 people you pass today 16 
Make yourself a healthy breakfast 17	Do squats and planks while watching TV 18 	Choose your 2023 Word of the Year 19	Leave a positive note in a random place 20	Take a walk and admire the holiday lights 21	Come home to a ready-to-eat dinner Crock Pot Recipes 22	Write down some financial goals and priorities for 2023 23
Treat yourself with a workout today 24	Treat everyone with kindness today, including yourself 25	Help others by giving away something you don't need 26	Take a break from the festive, heavy foods and make a delicious salad 27	NATIONAL CALL A FRIEND DAY Learn more about your friend by asking these questions 28	 Start or revisit your 2023 budget 29	Think about something that was hard for you but you accomplished it 30
Make a list of 23 things you would like to do in 2023 23 in 23 31	<p><i>"Remember that the happiest people are not those getting more, but those giving more."</i> —H. Jackson Brown Jr.</p>					