

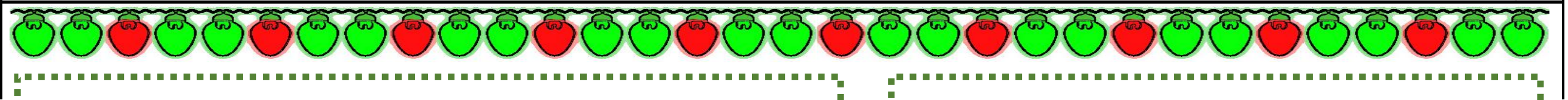




**Storm Package Announcement:** All clients should have received a storm pack containing two meals, to be used in case of a snow storm this winter. If you have not received a storm package, please call 617-477-6606.

**Please notify Ethos of any life threatening food allergies @ 617-477-6606**

## Ethos Allergen-Free HDM Menu-December 2022

[illegible]



## 'Tis the Season for Physical & Mental Health

*From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH*

Throughout life, but especially during the winter holidays, it's important to have balance in your daily routine. For example, exercising regularly and eating nourishing meals help us stay physically fit. Equally important, breaking bread with our community and spending time with loved ones help us stay mentally fit. Here are a few ways to help you practice balance in life:

- Eat and drink consistently throughout the day. Don't skip meals.
- Eat a combination of nourishing and delicious foods.
- Exercise daily, at least 30 minutes.
- Socialize with others. Phone a friend or attend holiday events.

## Healthy IDEAS Program at Ethos

In the last two weeks, have you felt bothered by having little interest in doing things, or by feeling down or sad?

If you answered "Yes", the Healthy IDEAS program with Ethos may be able to assist you at no cost. For more information, contact Molly O'Brien at 617-477-6930.



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