Keep washing your hands!
The pandemic has made us quite aware of the importance of washing our hands to help protect against COVID-19 infection. However, as we enter the season of get-togethers and crowded activities, handwashing is also a must to protect against other germs that can make us sick.

Find out more

Spend time with others—it’s good for you!
What a year we’ve had! 2021 allowed us the

Reset your mind to positivity
Let’s face it, the pandemic and life’s worrisome
opportunity to reconnect with others. As we continue to forge ahead toward a more connected future, we encourage you to make the most of the rest of 2021 as you plan to spend time with others around the holidays. While most holiday celebrations center on meals, the true meaning and intention behind them is togetherness. This holiday season, indulge in conversation and spend quality time with your friends and family.

Find out more

Safe Toys and Gifts Month
Toys can be an enormous delight to give and receive. To ensure that toys do not pose hazards for choking, lead poisoning, suffocating, falling or another danger, be aware of safety guidelines and choosing age-appropriate toys. Be alert to the potential hazards of toys with magnets, sharp edges, small parts, toxic paint, cellophane/plastic wrapping and other components. Visit: https://www.healthychildren.org/English/safety-prevention/at-home/Pages/How-to-Buy-Safe-Toys.aspx OR https://kidshealth.org/en/parents/safe-toys.html

866.695.8622
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