

Live Your Whole Life

Healthy eating • Financial fitness • Time with loved ones



Essential Ingredients for

HOLIDAY HEALTH

No matter how you choose to celebrate this time of year, remember to take time to feed your spirit this holiday season. Remember you have access to customized tools to support you in making smart, thoughtful choices to stay active, eat healthy, reduce stress and sleep well—your essential ingredients for a happy and healthy holiday season.

Sign in to Live Your Whole Life today at www.trinity-health.org/LYWL.



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