

Live Your Whole Life

Essential Ingredients for

HOLIDAY HEALTH

Healthy eating • Financial fitness • Time with loved ones

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 that can help you make thoughtful choices for a happy and healthy holiday season.

Sign in to your Live Your Whole Life account today at www.trinity-health.org/LYWL to access your personalized well-being tools.



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