

Know now: Having happier, healthier holidays



Balancing your holiday season

The holidays can be a wonderful time spent with family, friends, and good food – but they can also be trying times. It's important to make sure that we're taking care of our health – physically, as well as mentally and emotionally. Let's talk about how you can make sure your season stays bright.



Good health means good choices

We're all looking forward to the chance to put up our feet and tuck into a heaping helping of pumpkin pie, but it's important to remember that health never takes a holiday.

Making good nutrition choices is still part of staying healthy, even during the holidays, and it all starts with portion control. Making sure your plate is mostly veggies, with about 1/4 meat and 1/4 carbs is a good rule to eat by.

It's also important to make sure you're protected going into the holidays. Talk to your provider about getting in for your annual wellness visit, preventive screening, and flu vaccine.



The community keeps on giving – all year round

While the holidays can be a chance to unwind and spend quality time with loved ones, they can also be incredibly stressful, sad, or even lonely. Optum Community Centers are open to anyone 55+ and are here for all your support needs during the holidays, and all year round – bring your friends, too!

Join us anytime to take a no-cost exercise class, do a puzzle or take a brain exercise class to keep the mind sharp, or just come hang out and socialize.

Our centers also offer services for emotional support and bereavement.



Please call our 24-hour Advice Nurse Line or speak to your primary care provider for care.

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Better health brings brighter holidays



Staying safe over the holidays

Unfortunately, the holiday season is also peak time for scammers and porch pirates. Thankfully, we are here to make sure you and your loved ones stay safe this season.

- If you receive suspicious messages or calls from strangers, it's always a good idea to check with a family member or friend to make sure it's not a scam. **Never give out your personal information.**
- If you have packages coming, make sure to bring them in right away – porch pirates are extra active during the holidays.
- Never leave packages in your car, and always park in safe, brightly lit areas to avoid break-ins.



'Tis the season to be happy – and healthy

Your wellbeing is the most important thing to us – we're here to make sure you stay safe and healthy this season. Balancing your physical, mental, and emotional health is the key to having a joyful holiday season.



Call 211 or visit nevada211.org to connect with community resources.

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