



JANUARY NEWSLETTER

Hardy Winter Vegetable Soup



Ingredients: Serves 6

- 2 tbsp olive oil
- 1 onion, chopped
- 3 carrots, sliced
- 3 celery stalks, chopped
- 4 garlic cloves, minced
- 6 cups vegetable broth
- 1 can diced tomatoes
- 2 potatoes, diced
- 2 cups chopped kale or spinach
- 1 tsp thyme, salt & pepper

Directions:

- Sauté onion, carrots, celery, and garlic in oil.
- Add broth, tomatoes, and potatoes; simmer 20 minutes.
- Stir in greens and seasonings; cook until tender.
- Enjoy with whole-grain bread!

Happy New Year!

Welcome to 2026! As we kick off the new year, let's focus on starting strong with our health and wellness goals. January is the perfect time to set good intentions, build healthy habits, and embrace the season.

Remember, the Wellness Program offers premium reductions and incentives for participating—log your activities and screenings!

Winter Wellness Tips

January weather brings cold temps and snowy days—perfect for indoor coziness or outdoor adventures, but it can also mean less sunlight and motivation dips. Here are some tips to stay energized:

Combat the Cold Blues: Get natural light when possible—take short walks during lunch breaks. Consider indoor activities like stretching at your desk or home yoga.

Stay Active Outdoors Safely: Bundle up for snowshoeing, cross-country skiing, or brisk walks outside. Local spots like Sinks Canyon offer great winter trails.

Boost Immunity: Wash hands frequently, stay hydrated (even if you're not thirsty in the cold), and eat nutrient-rich foods.

Mental Health Focus: Shorter days can affect mood—connect with family & friends in person or even virtually.

News Update

Thanks to everyone who participated in the December “12 Days of Wellness” Challenge and *congratulations* to all the gift card winners!

TK - FCSO
SG - Museum
RW - Fair
LP - Dist. Court
MI - Clerk
RM - Weed & Pest

