



# THE RESOURCE CENTER WELLNESS COMMITTEE

FOSTERING A WORKPLACE CULTURE  
THAT SUPPORTS HEALTHY LIFESTYLE CHOICES FOR ALL  
**QUARTERLY NEWSLETTER**

## "Really?"

SOME HOLIDAY TRIVIA  
QUESTIONS:

WHAT POPULAR HOLIDAY  
BEVERAGE WAS CALLED  
"MILK PUNCH"?

WHERE ARE THE  
McCALLISTERS (HOME  
ALONE) GOING WHEN  
THEY LEAVE KEVIN  
BEHIND?

WHAT IS RALPHIE'S  
LITTLE BROTHER'S NAME  
IN A CHRISTMAS  
STORY?

WHICH ONE OF THE  
REINDEER SHARES ITS  
NAME WITH ANOTHER  
HOLIDAY MASCOT?

## Wellness Champion



**Lisa Gross**

THIS QUARTER'S WELLNESS  
CHAMPION IS LISA GROSS. THE  
PERSON WHO NOMINATED LISA  
WAS ADAMANT ABOUT HOW WELL  
SHE HAS DONE WITH KICKING A  
VERY HARD HABIT. LISA SMOKED  
FOR SEVERAL YEARS. AS OF  
2023, SHE HAS KICKED THE  
HABIT AND CONTINUES ON A  
SUCCESSFUL JOURNEY.  
**CONGRATULATIONS  
LISA!**

## Healthy Deliciousness

### HEALTHY HOLIDAY RECIPES

ROASTED BUTTERNUT SQUASH PIE

CITRUS-ROASTED SALMON

BROCCOLI-CAULIFLOWER GRATIN

THESE RECIPES CAME FROM  
COUNTRY LIVING.

### HEALTHY HOLIDAY DESSERTS

FUDGE-DIPPED ALMOND COOKIES  
(FOODUZZI)

HEALTHY PECAN PIE BARS  
(THE CLEAN EATING COUPLE)

## Healthy Lifestyle Takeaways

WITH WINTER COMING FASTER THAN SOME OF US WOULD LIKE, THE CDC HAS SEVERAL RECOMMENDATIONS FOR WINTER SAFETY. THE MOST IMPORTANT THING FOR WINTER SAFETY IS BEING PREPARED. PLEASE REVIEW THE FOLLOWING ARTICLE ABOUT DIFFERENT WAYS OF PREPARING YOURSELF FOR WHAT IS TO COME.

### WINTER SAFETY

FROM STARS WELLNESS AND SAFER, WE WANT TO WISH EACH OF YOU A HAPPY AND HEALTHY HOLIDAY SEASON. ENJOY THIS TIME WITH YOUR FAMILIES AND MAKE LOTS OF MEMORIES!

*Happy Holidays!*