



The Gift of Giving...

December can be a very busy and hectic month. We often feel pressure this time of year to purchase gifts for our friends and coworkers, not to mention our family! While gift giving is awesome and exciting sometimes we challenge you this year to give the gift of time instead of a material possession. This can still mean spending money for an experience; however it can also mean not breaking the bank purchasing gifts. Connecting with the people we love in our lives leads to healthier mind sets and positive outlooks. Some ideas for the giving time are:

- Meet up for a coffee date, visit with friends.
- Buy tickets to a concert or play, have a date.
- Gift someone special with a "craft date" where you can be creative together.
- Make a scheduled time to work out or walk with a friend.
- Make an intention to clean the snow off a neighbor's car or sidewalk for the winter.
- Take someone special to a yoga class, a meditation class or try martial arts.
- Schedule a day to hang out and watch movies at home with popcorn!
- Instead of toys take kids in your life ice skating and to a movie.
- Help a friend or family member with a project they have been avoiding.
- Clean out a vehicle for a loved one.
- Invite a friend over for breakfast and cook what they love.
- Write someone a letter; send it in the mail, old school.
- Host a "puzzle party" with hot cocoa for a few favorites.
- Snag tea with a friend and visit the Library!



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Be You. Be Well. Be Merry.



Guacamole Christmas Wreath

Ingredients:

- 6 ripe Avocados
- 2 cans Rotel original (10 ounce) drained
- 2 tablespoons lime juice
- ½ cup red onion, chopped
- 3 cloves garlic, minced
- ½ teaspoon cumin (ground)
- ½ cup fresh cilantro, finely chopped
- salt, to taste
- cherry tomatoes and cilantro, for garnish
- tortilla chips or vegetables, for serving

Instructions:

- Pit and peel the avocados and place them in large bowl. Coarsely mash them with a fork or potato masher.
- Add the drained cans of Rotel, lime juice, red onion, garlic, cumin, and chopped cilantro to the avocados and mix well.
- Taste and add salt, as needed.
- Place a small bowl in the middle of a larger shallow bowl to form a mold for the guacamole Christmas Wreath.
- Spoon the guacamole into the larger bowl around the small bowl to form the wreath shape.
- Carefully remove the small bowl from the middle so you have a ring or wreath of guacamole
- Garnish the Guacamole wreath with cherry tomatoes and cilantro leaves. Serve with tortilla chips or vegetables and enjoy!

Other Fun Healthy snack ideas for the Holidays!



November Gratitude Winners!

Extra Health Benefit- Mandy Jones, Crystal Gorsuch and Jen Ullery!

Mocha Molly's Gift Card (\$25)- Mandy Jones, Jen Ullrey and Jordan Kenkel!

Scavenger Hunt Participants-Gift card to Kodi Rae's Bakery (\$10)- Brian McPherson, Crimson Miller, Dirk Hillman, Crystal Gorsuch, Jen Ullrey, Patti Cobb, Kristy Shuler, Mandy Jones

Grateful Picture Drawing Winners, Gift Card to Hometown Apparel (\$25)-Crystal Gorsuch, Patti Cobb, Crimson Miller!

Congratulations to all, thank you for your support of the wellness committee and helping gratitude grow!

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