

2021 DECEMBER National Giving & Healthy Holiday Month



CRETEX RESOURCES



Marathon Health ePortal Workshops

All employees & covered spouses have access to free

Marathon Health ePortal workshops:

Maintaining a Healthy Weight During the Holidays

*Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.*

Have a Happy, Healthy Holidays from HealthPartners

Check out HealthPartners blog post by scanning the QR code provided.



EVENTS & EXTERNAL RESOURCES



National Cocoa Day

Monday, December 13th 2021

Cozy up with some hot cocoa on National Cocoa Day! Cocoa's debut is attributed to the Mayans about 2000 years ago. In 1400 AD, the Aztec civilization implemented the drink as an integral part of their culture. Prior to the 19th century, this drink was used to help individuals with stomach diseases and other illnesses.

Source: <https://nationaldaycalendar.com/national-cocoa-day-december-13/>

Giving



There are many different ways we can give to others. We can give of our time, our resources, our money and more. It can be as simple as paying for someone's groceries or volunteering at a local shelter. There are positive benefits for our own mental well-being when we give to others, so not only do others benefit from giving but we do too!

FEATURED RESOURCE

VIDEO: Holiday Stress Webinar

Love them or hate them, the holidays are here. Come to this holiday stress reducing education session and you'll get 10 tips to help you enjoy this holiday season! Take this time for yourself, enjoy a fun activity, and learn tips to enjoy the holiday season.

Please scan this QR Code using a smartphone or tablet to easily view this video.

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

