

SUN	MON	TUE	WED	THU	FRI	SAT
		1 MUIH's Mindfulness & Meditation Challenge starts TODAY!	2 Celebrate Giving Tuesday. Donate to MUIH or another cause you support.	3 Send an encouraging text to 2 people you know	4 Build a healthy lunch with a balance of protein, healthy fat and fiber	5 Learn about International Volunteer Day .
6 Set one healthy intention for the week ahead	7 Try a chair yoga pose to relieve tension during the day	8 Boost your immune system by supporting your microbiome	9 Reflect on one positive thing that happened today	10 Send a season's greetings card to a friend, family member, or someone in need	11 Donate a toy for the holidays	12 Listen to a podcast to learn something new
13 Set a step goal for the week and log your steps to track progress	14 Call or text someone who you haven't spoken to in a while to reconnect	15 Make a handmade gift	16 Sip nourishing bone broth (bonus - make your own!)	17 Send loving kindness to yourself or someone in the world	18 Go outside and smell the crisp winter air	19 Enjoy some holiday treats from Wellness Warriors
20 Sing or dance to a holiday song	21 Try an indoor workout	22 Sip elderberry tea to support your immune health	23 Watch a favorite holiday movie	24 Savor a cup of healthy hot cocoa	25 Think of a place you love and imagine yourself there	26 Clean out your closet of clothes you no longer wear (bonus - donate them!)
27 Dry brush to invigorate and cleanse your body	28 Clean out your kitchen of leftover holiday treats	29 Reflect on one positive thing that happened today	30 Paint a gratitude jar for 2021	31 Choose your " one word " to set the stage for 2021		



National Health Observances

World AIDS Day - December 1st

National Handwashing Awareness Week - Dec 6 - 12

Universal Human Rights Month

DECEMBER 2020