



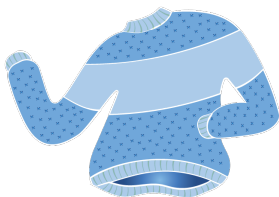
Winter Safety Tips

As winter blankets us in its frosty embrace, it's crucial to prioritize your health and wellness amidst the chilly temperatures. We've compiled a list of winter safety tips to help you navigate the season with ease and keep those winter blues at bay.

Embrace the Chill with These Safety Tips

Layer Up Stay Warm:

- Dress in layers to trap heat close to your body.
- Don't forget a hat and gloves to protect your extremities from the biting cold.



Hydrate, Inside and Out:

- Cold air can be dehydrating. Drink plenty of water to stay hydrated.
- Use moisturizers to combat dry skin caused by the cold, windy weather.

Mindful Movement:

- Engage in regular physical activity to boost circulation and maintain warmth.
- Warm up properly before any outdoor exercise to prevent injuries.



Nutrition Matters:

- Consume a balanced diet rich in vitamins and nutrients to support your immune system.
- Include seasonal fruits and vegetables to benefit from their nutritional offerings.

Safe Driving Practices:

- Ensure your vehicle is winter-ready with proper tires, brakes, and antifreeze.
- Drive slowly and keep a safe distance from other vehicles in icy conditions.



Mind Your Steps:

- Watch out for icy patches and walk with smaller steps to maintain balance.
- Use salt or sand on walkways to prevent slipping.

Protect Against Winter Blues:

- Combat seasonal affective disorder (SAD) with exposure to natural light.
- Stay socially connected and engage in activities you enjoy.



Stay Informed:

- Keep an eye on weather forecasts to plan your activities accordingly.
- Be prepared for emergencies with a well-stocked winter survival kit.

Remember, your well-being is a top priority. By incorporating these winter safety tips into your routine, you can navigate the season with confidence and maintain your health and wellness.

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