

New Year New Healthy Goals

Happy 2025! May the coming year bring you joy, prosperity, and good HEALTH. Start the year with healthy habits.

See your doctor regularly

- Schedule your **Annual Wellness Visit** today.
- Stay up to date on recommended screenings and vaccinations.



Eat healthy

- Eat more fruits, vegetables, and whole grains. Limit salt, sugar, and processed foods.
- Stay hydrated: Drink plenty of water every day.



Stay Active and Keep Your Mind Sharp

- Aim for at least 30 minutes of exercise like walking, yoga, or swimming.
- Engage in reading or learning a new skill.



Stay Connected

- Get together with friends and family.
- Join community activities or volunteer.



✦ Astrana Health

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