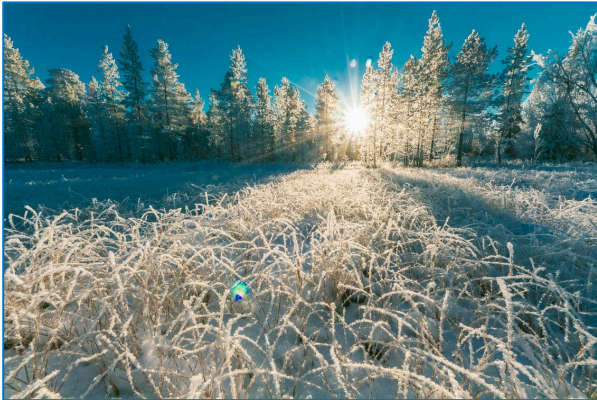


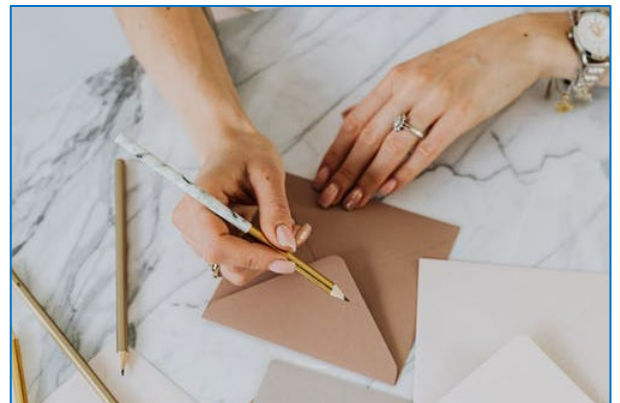
## December well-being assignments

Each month, we give you small ways to improve your well-being. You can do one or all of them— it's up to you. This month's assignments are:



Explore and enjoy the snow.

Write holiday letters to family and friends.



Build a snowman.

