



# LIFELINE PROTECTOR

A Newsletter for Friends & Clients of Wellness Alliances



## Greetings...

Happy New Year! Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook, Instagram, Twitter, and LinkedIn at Wellness Alliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.



## COVID-19: Omicron Variant

- Since December 20th, 2021, the Omicron variant has been detected around the U.S. and is causing a rapid increase in COVID-19 cases.
- Research is continuing to be conducted on the Omicron Variant to determine how easily it spreads, the severity of illness it causes, and how well vaccines work against it.
- As of now, the Omicron variant likely spreads more easily than the original COVID-19 virus. It is unknown how the Omicron variant spreads compared to the Delta variant.
- People can spread the Omicron variant even if they are vaccinated and do not have symptoms.
- The best way to protect yourself and others from the Omicron variant is to get vaccinated, get boosted, and wear a mask in public indoor settings.

Wellness Alliances  
1000 S Valley View  
Blvd 2nd Floor, Las  
Vegas, NV 89107

Phone:  
702-815-9012  
E-Mail:  
[info@wellnessalliances.com](mailto:info@wellnessalliances.com)

We're on the Web!  
See us at:  
[wellnessalliances.com](http://wellnessalliances.com)



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## Healthy New Year's Resolutions

As the New Year approaches, we are bombarded with weight loss commercials, fad diets, and quick fixes that deliver false advertising. The advertisements are often weight-loss scams that set unattainable and unrealistic goals for people looking to live a healthier lifestyle. It is important to set New Year's resolutions that are sustainable. Many people end up setting the same health goals and breaking them within the first few weeks of the New Year, due to the restrictive nature of the goals. To be realistic in your New Year's resolutions, follow the list below for 5 healthy sustainable New Year's resolutions:

1. Increase your sleep
2. Sit less, move more
3. Limit screen time
4. Take more "me time"
5. Try a new hobby

For an in-depth analysis of each New Year's resolution, visit our blog at [wellnessalliances.com](http://wellnessalliances.com)!



## Read Our Weekly Blog

Our blog is designed to keep you happy and healthy with health and wellness related news, tips, and enlightening information. You can find answers to any questions you may have about your health from, what is the cause of your ongoing symptoms to, what is the best way to seek help for your mental health. We have everything you need to stay informed and educated on your health and wellness. We aid you in living a wholesome lifestyle. Our blogs are extensively researched by our amazing writers who cover topics, including heart health, lifestyle, nutrition and wellness, disease prevention/management, cancer, general health, Alzheimer's and dementia, and much more! Visit [wellnessalliances.com](http://wellnessalliances.com) to read our blog today!



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