

LIFELINE PROTECTOR

A Newsletter for Friends & Clients of Wellness Alliances



Greetings...

Happy Holiday Season! 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.

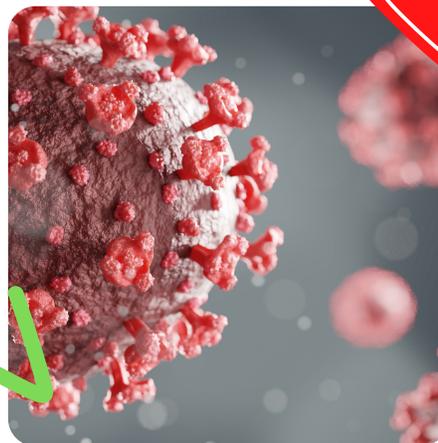


COVID-19 Update

COVID-19 & Boosters: Eligibility for booster shots is expanded to all adults.

Vaccines for Children: The CDC recommends all teens and all children ages 5 and older get a COVID-19 vaccine.

Pregnancy & Vaccination: The CDC recommends the COVID-19 vaccine for all people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems in women or men.



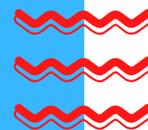
Wellness Alliances
1000 S Valley View
Blvd 2nd Floor, Las
Vegas, NV 89107

Phone:
702-815-9012
E-Mail:
info@wellnessalliances.com

We're on the Web!
See us at:
wellnessalliances.com



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Managing Holiday Stress

The holidays can induce stress for a variety of reasons, including the financial burden, travel, and visiting family members. If the hustle and bustle of the holiday season, causes you stress there are ways to help! First, look out for these symptoms that can affect your overall health: anxiety, sadness, headaches, body aches, inability to sleep, and irritability. To manage holiday stress and symptoms, follow the tips below!

1. Plan Ahead
2. Put Yourself First
3. Create a Budget
4. Remember It's Ok to Say No

If your stress and symptoms increase without improvement, talk to your doctor about medications and treatment plans that can help reduce stress this holiday season.



Holiday Toy Donations

Salvation Army Las Vegas Organizations: The Salvation Army Angle Tree Program provides free toys to children, teens, and seniors. If you would like to have a name placed on a tree, for a person you know needing a present, contact the Salvation Army at 702-870-4430. If you would like to support the program, you can donate or buy a present by picking a name from the Tree Program.

Toys for Tots: Toys for Tots provides toys to children whose families cannot afford presents this holiday season. You can purchase a new, unwrapped toy and donate it by visiting las-vegas-nv.toysfortots.org to find all drop off locations.

UMC Children's Hospital: UMC Children's Hospital cares for ill and injured patients in southern Nevada. They have created a list of toys needed for all ages to help patients feel more comfortable while staying in the hospital this holiday season. To view the list of toys needed, visit chnv.org/OurCare/WishList.aspx. You can also contact Eve Olivero at, 702-383-2388 or email Evelia.Olivero@umcsn.com for all donation information.

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