December in Australia is a wonderful time of year. Lets enjoy the time we spend outdoors with our family, celebrating the year before us, sharing food and stories over this holiday period. So, during the final month of the year, please enjoy the following wellness tips from the 2024 December Wellness Calendar to help keep your mind and body balanced during the festivities.

## Necember 2024 Wellness Calendar

## Sunday Monday Tuesday Wednesday Thursday Friday Saturday







Start a 4 conversation with someone you may not usually speak to



























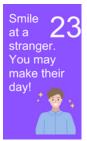




Disconnect from screens tonight, and try for 30 pages in your book

















Enjoy the good weather, and go for a walk or a swim

Looking 30 for a New Year's resolution? Volunteer with your local Meals on Wheels service!



Like us on Facebook and keep an eye out for our craft activities and recipes during December.

www.facebook.com/MealsonWheelsNSW www.instagram.com/mownsw www.youtube.com/mownsw



