



Mini  
Ham  
Quiche



December 2024

DECEMBER  
IS HIV/AIDS  
AWARENESS  
MONTH



Check out this recipe from Jenny!

Give the gift of health with an  
SWMI Health Matters gift card!



## Events & Workshops

12/6 Advanced Care Planning @ SWMI Health Matters at 12

1/7 Healthcare Provider Support Group @ SWMI Health  
Matters or virtual at 7:30 PM

1/11 Manifesting the New Year Workshop w. Jenny Opdycke



## ❄️ Winter Solstice Rituals ❄️



Saturday, December 21<sup>st</sup>, 2024, we honor the return of light. The shortest day & longest night of the year. Historically, this is a time of reflection & renewal celebrated by cultures all around the world! Some rituals to honor this day could be:

- *Lighting Candles [Celtic]* - As you light each candle, think about what you'd like to bring into the new season (growth, healing, new beginnings).
- *Connection to the Land [Scandinavia]* - Take a mindful walk in nature, noticing the changes in the landscape. Notice the bare trees and cold winds, but it's a beautiful reminder of the cycles of life and death.
- *Sun's Return [Egypt]* - Sit in meditation, focusing on the sun. Visualize it growing stronger each day as it rises in the sky. Feel the warmth and energy filling you up, bringing light into your life.

## Winter Wellness

- ☐ Boost your immune system\*:
  - ✓ Vitamin C
  - ✓ Vitamin D
  - ✓ Zinc
- ☐ Stay Hydrated:
  - ✓ Plenty of water
  - ✓ Herbal Teas – ginger, lemon, peppermint
  - ✓ Bone Broth
- ☐ Herbs:
  - ✓ Elderberry
  - ✓ Echinacea
- ☐ Humidify the Air
- ☐ Plenty of Rest
- ☐ Practice hand hygiene!

\*Please consult with your primary care provider before starting!

## FREE Community Event

### SHATTERING THE SILENCE ON MENOPAUSE

Wondering what this season of life means for you and people in your life or practice? Enjoy a film and engage in dialogue with caregivers and perinatal professionals in Kalamazoo and Portage.

Facilitated discussion to follow.\*

\*NOTE: not intended as individual medical advice

December 3rd, 2024 | 7:00pm

New Seasons Physical Therapy & Wellness

801 W. Kilgore Road Suite 6

Kalamazoo, MI 49008

\*RSVP to [connect@birthingexpectations.com](mailto:connect@birthingexpectations.com)\*

Is there a topic that you're interested in that has not been talked about? Please email [info@swmihealthmatters.com](mailto:info@swmihealthmatters.com) with your ideas or questions! We love hearing from you!!