



The last quarter of the year is full of festivals, barn fires, parades, food, family, and fun. Every year brings its own set of challenges, but each of us still have a lot to be Thankful for. Autumn Harvest and Holy Nights are just around the corner, at *Carolina Medical Consultants* your health is our priority during this *Festive* time of year:

F – GET YOUR ANNUAL FLU SHOT AND WASH YOUR HANDS

E – EATS FRESH SEASONAL FRUITS AND VEGETABLES

S – SLEEP GET A GOOD NIGHTS REST 7.5 - 8 HOURS NIGHTLY

T – NO TOBACCO, STOP SMOKING AND CHEWING TOBACCO

I – INCREASE WATER INTAKE (UNLESS ON FLUID RESTRICTIONS)

V – TAKE A DAILY MULTI-VITAMIN ESPECIALLY IF YOU DON'T EAT A BALANCED DIET

E – EXERCISE REGULARLY, FIND A FUN WINTER ACTIVITY...

**IF YOU HAVE NOT HAD YOUR ANNUAL WELLNESS EXAM FOR 2017
SCHEDULE IT TODAY... OH AND GET YOUR FLU SHOT!**