

# SUNDAY MORNING HEALTH CORNER

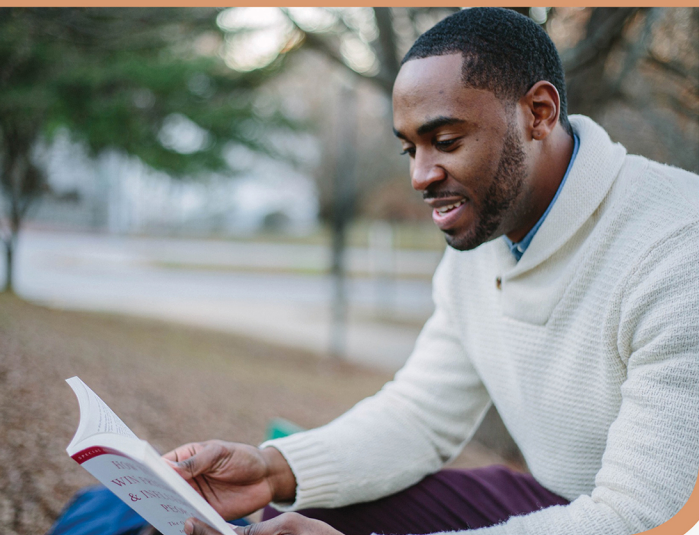


## Season Change Preparation

Autumn season has begun and a cooler atmosphere is among us. Transitioning from warm weather to cooler temperatures can affect our immune systems and make us more susceptible to colds and the flu. This is a great time to prepare yourself, family and your environment to avoid getting sick as the seasons change.

Here are a few things you can do to keep you and your family healthier:

- **Keep hands** clean by washing or using hand sanitizers
- **Keep hands** away from your face when possible
- **Keep your distance** from those who are sick
- **Get a Flu Vaccine**
- **Get sufficient sleep**
- **Exercise** regularly
- **Eat fruits and vegetables**
- **Dress properly** for the season



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