

Brush Away those Holiday Cavities



GIVE YOURSELF THE GIFT OF HEALTH



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Snow Many Ways to Stay Healthy

MINDFULNESS

Mindfulness is when you slow down, pay full attention and notice what you are doing. When someone is being mindful, they are not rushing or multitasking, they are focusing in a relaxed and easy way. Being mindful can help you with things like paying attention, being less distracted, avoiding getting too upset about things, being more patient, and slowing down instead of rushing. Here are some ways you can practice mindfulness:



YOGA- Yoga is a way to exercise our bodies, our breath, and our minds **all at the same time**. Yoga makes us feel great!



DID YOU KNOW: A GRADUATE OF STEEL VALLEY OWNS AN AWESOME YOGA STUDIO RIGHT HERE IN OUR COMMUNITY- LOCAL MOTION PITTSBURGH IS LOCATED ON 8TH AVE. PLEASE VISIT: [Local Motion Pittsburgh \(localmotionpgh.com\)](http://localmotionpgh.com) TO FIND OUT MORE ABOUT WHAT THEY HAVE TO OFFER.



MEDITATION- Meditation is paying attention to what is happening in the present moment. It may be what you're feeling, hearing, or anything else you notice.

