

JANUARY 2024



PHW
NEWSLETTER

**Happy New Year from the staff at
Prairie Hope Wellness!**

**We are so grateful for another year
serving the North East and look
forwarding to supporting you in 2024!**

**In 2024, we are excited to be offering
mental health focused kids groups!**

**Watch our Facebook, Instagram, and
Website for upcoming events!**

Happy
New
Year

January can be a tough month with shorter days,
little to no sun, and colder, unpredictable
weather. You may feel sad or down more often,
feel exhausted, notice changes in your appetite,
or a loss of interest in things you once enjoyed.
Below are some ways to help you cope.



Spend time
outdoors



Try to sleep at
the same time
each night



Move your
body daily



Stay connected,
don't isolate
yourself

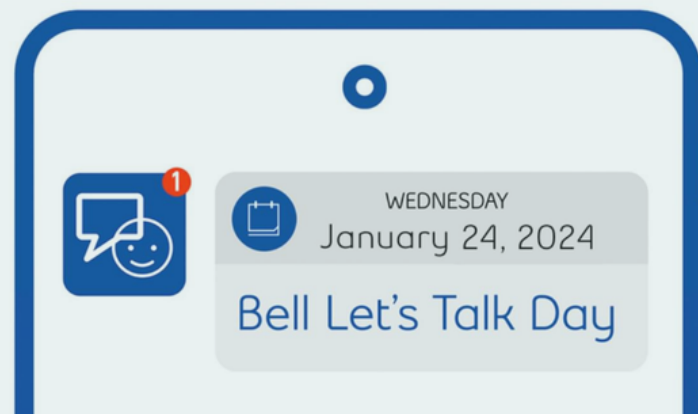


Eat balanced
meals



Reach out for
support at PHW

#BellLetsTalk Day
is on
January 24th!



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[@prairiehopewellness.net](http://prairiehopewellness.net)

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