

DECEMBER 5-11 IS NATIONAL INFLUENZA VACCINATION WEEK

Don't forget to ask your healthcare provider about getting your flu shot! The flu vaccine is your best protection against influenza, which can lead to serious illness—especially for older adults, young children, and those with chronic health conditions.

Are you or your loved one experiencing any of these this flu season?

- Cough or sore throat
- Fever or chills
- Body aches or fatigue
- Trouble breathing
- Worsening of chronic conditions
- Frequent infections
- Feeling unusually weak or tired

If you have any of these symptoms, let your doctor know and make sure you're up to date on your flu vaccine. Prevention is key—talk to your provider today about staying protected this flu season!



MOWWM will be closed
December 24th-26th

DECEMBER 1ST IS WORLD AIDS DAY

World AIDS Day is a time to raise awareness, show support for those living with HIV, and remember those who have lost their lives to AIDS-related illnesses. Regular testing, safe practices, and early treatment can help prevent the spread of HIV and support long, healthy lives for those affected. Do you or a loved one know your HIV status?

Getting tested is quick, confidential, and an important part of staying healthy. Talk to your healthcare provider today about HIV testing, prevention options like PrEP, and ways to protect your health year-round. Early detection saves lives!

CELEBRATE NATIONAL ROOT VEGETABLE MONTH

What are they? Root vegetables are plants whose edible parts grow underground, storing nutrients that help the plant survive through harsh conditions. Some examples include: sweet potatoes, carrots, beets, radishes, turnips, and parsnips.

Here are some reasons to incorporate root vegetables into your diet!

- They are nutrient-dense, providing essential minerals and vitamins like A, C, and K.
- Their high fiber content aids digestion and promotes fullness.
- They contain antioxidants that fight inflammation and chronic disease.



HANDWASHING AWARENESS WEEK: DECEMBER 5-11



National Handwashing Awareness week is December 5-11! This helps remind us that something as simple as soap and water can make a big difference in keeping ourselves and others healthy.

Washing hands thoroughly removes germs, dirt, and viruses that we pick up throughout the day - especially before eating, after using the restroom, or after coughing and sneezing. The key is to scrub for at least 20 seconds with warm water and soap, cleaning between fingers and under nails.

The winter months can bring on cold and flu season and no one likes being sick, so be prepared by washing your hands often.

ROASTED SWEET POTATOES & CARROTS Yield: 4 servings

- 1 large sweet potato
- 1 pound carrots, peeled
- 4 cloves garlic, minced
- 1/4 cup [olive oil](#)
- 2 tbsp [maple syrup](#)
- 2 tsp [thyme](#)
- 1 tsp [rosemary](#)
- 1 tsp [cinnamon](#)
- Salt, to taste

Start by preheating oven to 400F. Cut sweet potatoes and carrots into roughly 3/4-inch to 1-inch pieces. Place in a large baking dish. Add minced garlic, olive oil, maple syrup, thyme, rosemary, cinnamon, and salt to the baking dish. Toss everything together so that the veggies are well-coated in the oil, syrup, and spices. Place the baking dish in the oven for 35-40 minutes, tossing them halfway through. The veggies should be lightly browned and caramelized and easily pierced with a fork. Remove from oven and serve hot.

Try the recipe to start eating more root vegetables!