

RESTROOM READER

BRINGING YOU KNOWLEDGE ABOUT YOUR BODY & HEALTH
WHILE YOU TAKE A MOMENT TO YOURSELF!



DEC 2025

Holiday gatherings have lots of food!

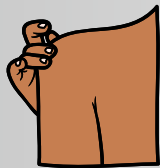
It is common to put on a few pounds during this time. The Cleveland Clinic has some suggestions for staying active outside when the weather gets colder. Check out the QR Code!



Winter is a dry time of year!

Have you already noticed changes in your skin, hair, and lips?

Together, the cold air outside and the heated air inside work to dry you out.



- Your skin is your body's largest organ. Take shorter, cooler showers and moisturize afterwards, especially your hands.



- Your hair only needs to be washed about twice a week and don't skip conditioner! Avoid heat styling tools. Get regular trims.



- Protect your lips from chapping. Use a lip balm with SPF. Don't lick or pick at your lips. Cover your lips with a scarf. Drink plenty of water.

Winter Allergies

---How to keep them from flaring up:

- Wash your sheets
- Vacuum regularly
- Rid your home of cockroaches & other bugs
- Run an air purifier
- Bathe pets once a week



WINTER JOKES

1. Which one is faster, hot or cold?
2. Why did Elsa fall off the sled?

1. Hot. You can catch a cold. 2. She let it go!