



Health And Wellness Focus: Important tips for
Extreme Cold Weather

- Listen to Local Weather Reports on your TV and Radio News
- If you hear information about snow and Ice forecasted in the area where you work or live, call and make a plan with your coach on how to be safe
- If you are scheduled for CAI, talk with your coach about rescheduling or revising your plans
- If you are scheduled for work, talk with your coach for support about calling in to your employer

Dressing for going outside in the Cold

REMINDER: CONSIDER WINTER WEATHER SAFETY TIPS

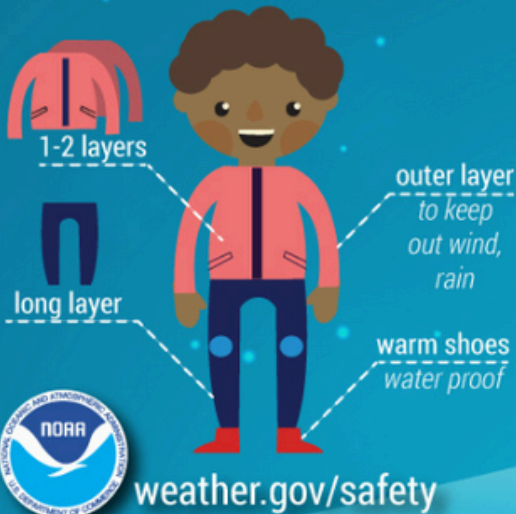


DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



In case of emergency: Call or Text
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