

Prize of the Month!



# WIN a Cancer Society Suncare set!

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## Welcome in Christmas!

Hi

It's only three weeks till the most awaited day of the year, and it's hoped that everyone – young and not *that* young – can enjoy the festive season. It's the simple things, like getting elbow-deep in baking flour or taking the kids out after dark to admire the Christmas lights, that make this time of year more special. Christmas is about possibilities, new beginnings and fun times with family and friends, so if you have a passion for any of the above, try not to let the usual financial pressures and end of year fatigue get to you this month.



### In this newsletter

- Everyday nutritional support
- Top 10 tips for the holidays
- Giveaway
- Preventing summer injuries
- Stress

If you find you're lacking energy, then a sleep-in and a holiday may just work wonders. You'll be amazed, however, what a difference a good diet also makes, but getting all the right vitamins and minerals to fuel your everyday life can be difficult. If you think you're in need of nutritional support, [click here](#) - this is one time of year you might use a little help!

And if you're wondering how you'll keep the kids occupied for weeks on end, you can check out our [top 10 tips for holiday fun](#) - some of which don't even require leaving the house! Many thanks to all our readers who contributed their ideas - what would we do without you?

This being our last newsletter for the year, we wish you a happy and stress-free holiday season. Life is never perfect - but if you're able to put your worries on hold for a few weeks, you may find they weigh a little less by the time the new year rolls around.

If you have any questions or feedback please contact us at [feedback@familyhealthdiary.co.nz](mailto:feedback@familyhealthdiary.co.nz)

## GIVEAWAY

### WIN a Cancer Society suncare set

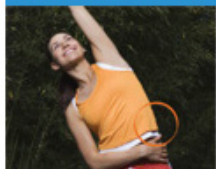
Sun protection should be top of mind these holidays. Be into win the Cancer Society's most advanced and innovative sunscreens to date. There are three suncare sets to be won!

To enter [click here](#)

Or for more about the Cancer Society [click here](#)



### Online this month



#### Preventing injury this summer

There's no time like summer for keeping fit and active, or merely enjoying the world around you... [More](#)

### Common health issues explained



#### Stress

Stress is your body's reaction both physically and emotionally to a situation that poses danger or threat... [More](#)

### Offers

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