

# head to toe™

## Your whole self

Hey mom, it's time to take care of you! We know you're on the run all day. These helpful tips from local experts are a big reminder to take a moment for yourself. If mom is happy and healthy from head to toe, the whole family is happy and healthy.



### Give yourself the gift of relaxation

Stressed? Take the time out of the holiday hustle and bustle to tackle it head on. Join **Liz Monson, ANP**, for a free seminar and learn to successfully combat the harmful effects of stress through the holidays and beyond. Join Liz on Tuesday, Dec. 13, from 6 to 7 p.m. in Corvallis.

Visit [www.samhealth.org/stressseminar](http://www.samhealth.org/stressseminar) to register today.

### Learn healthy, kid-friendly recipes for busy moms

Join **Registered Dietitian Sara Lee Thomas** for some quick and easy family recipes using your own "hamburger helpers." Sara will demonstrate simple recipes, designed for the busy mom, that support child nutrition and heart health. Join her for a healthy cooking demonstration on Tuesday, Jan. 10, from 6 to 7:30 p.m. in Corvallis.

Visit [www.samhealth.org/hamburgerhelper](http://www.samhealth.org/hamburgerhelper) to register today!



### Say yes to massage—often

Massage is often considered a special treat to be had on rare occasions, but its benefits are a prescription for making it a habit. Massage can lessen chronic pain, improve sleep, reduce stress hormones, enhance immune system function and aid in healing muscle strains. Don't let the lack of time be an excuse for not regularly experiencing the health benefits of massage. Even a 15-minute chair massage will do you good.

Visit Heartspring Wellness Center at [www.samhealth.org/heartspring](http://www.samhealth.org/heartspring) to see their massage menu.



## Take care of mom for the holidays

Share your tips for sneaking in some rest and relaxation during the holiday hustle and bustle, and you could win a one-hour massage from Heartspring Wellness Center. Visit [www.mommag.com](http://www.mommag.com) for more details.

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