

Wellness Tips

Switch to Glass: A Simple Wellness Upgrade

Consider swapping everyday plastic containers for glass this December. Glass is safer for food storage because it doesn't leach chemicals when heated or reused, and it helps keep flavors fresher. Making small switches, like using glass jars or meal-prep containers, can reduce toxin exposure and support a cleaner, healthier home. It's an easy change that adds up over time.

Resources

Blue Shield Mental Health Hub

This site is a mental health resource hub offering articles, videos, assessments, and personalized tools to support emotional wellbeing.

Webinars

December Lineup

- 2nd** - Thriving Through the Holidays
- 3rd** - Relationships & Money
- 4th** - Chair Yoga
- 9th** - Maximizing Life, Maximizing Worry
- 10th** - Staying Happy While Working From Home
- 11th** - Finding Balance in a Digitally-Driven World
- 16th** - Holiday Game Plan
- 17th** - Tai Chi Flow
- 18th** - Finding More Margin in Your Day

Upcoming Events

December 2
Financially Well Experience
PERC

December 3
Kaiser Mobile Health Vehicle & Wellness Booth
TAD Rancho Cucamonga

December 9
Benefits Pop-Up Tour
ARMC

Local Gems

Big Bear Village Winter Stroll

Discover winter charm closer than you think with a visit to Big Bear Village. In December, the Village is lined with festive lights, holiday decor, and cozy shops perfect for a relaxed afternoon. Enjoy warm drinks from local cafes, browse boutiques for unique gifts, or take an easy scenic walk through the decorated streets. The crisp mountain air and peaceful atmosphere make it a refreshing escape during a busy month.

Find things to do in Big Bear by visiting:

[Big Bear Visitor Guide](#)

More Info

- [Wellness Home Page](#)
- [Wellness Webinar Schedule](#)
- [Wellness Events](#)
- [Wellness Resources](#)