

# WELLNESS WEDNESDAY

**EVERY WEDNESDAY, PRACTICE A HEALTHY HABIT  
AT SCHOOL, HOME AND WORK!**

## DECEMBER 2019

### **4 December: INTERNATIONAL DAY OF PERSONS WITH DISABILITIES**

Today, think about how people with disabilities deserve the same opportunities as we do. In 1981, the United Nations proclaimed this as a recognized day for the celebration of the achievements of people living with disabilities across the world. It is also a day when we can think and talk about the challenges faced by people who are living with disabilities. We no longer focus on a person's "disabilities", which need to be "fixed", but place responsibility on societies to be appropriately adaptive to the needs of people with disabilities, and thus reduce or eradicate disablements by accelerating the total removal of barriers to social inclusion, equity, participation and citizenship. We can tell our children that a disability is only one characteristic of a person and that people have many likes and dislikes, strengths and challenges; and that children with disabilities are like all children in that they want friends, respect and to be included.

### **11 December: HUMAN RIGHTS DAY**

Today, think about your human rights and how it might feel if they were not respected. Since 1950, Human Rights Day has been observed annually on December 10<sup>th</sup>. This is a day in which the world recommits itself to protecting the fundamental human rights of all people, as well as their basic human freedoms. Some human rights' quotes are "Please use your freedom to promote ours.", "Today's human rights violations are the causes of tomorrow's conflicts.", and "An injustice committed against anyone is a threat to everyone."

### **18 December: PINK AND RED DAY**

Pink and red fruits and vegetables are gifts from nature! They are tasty and have such nutrients as lycopene and vitamins A and C, which protect the body against heart disease, lower blood pressure, lower LDL ("bad") cholesterol, and support joint tissue for those with arthritis. Today, be sure to eat some pink or red fruits and vegetables such as: pink or red grapefruit, watermelon, cranberries, strawberries, pomegranate, dragon fruit, raspberries, tomato, red onions, red beets, red cabbage, red grapes, blood oranges, cherries, red sweet peppers, red apples, and rhubarb.

### **25 December: FUN FAMILY DAY**

Many people celebrate Christmas on Dec. 25<sup>th</sup>, while others do not. As this is a public holiday for all, find opportunities to ramp up your family fun!! So, today as a family, try any of the following activities: have a Scavenger Hunt, make a playlist and have a family dance party, donate a new toy to charity, have an ugly sweater competition, adopt a family for the holidays, decorate a wreath, or visit a nursing home and sing Christmas carols!

