

# MONTHLY NEWSLETTER

JANUARY  
2025

As we step into the new year, let's focus on fresh beginnings, exciting opportunities, and achieving new goals together! Here's to a productive and fulfilling 2025 for everyone.

## Kickstart 2025 with Success

### Set Goals for Growth:

Whether it's personal or professional, start the year by setting achievable and meaningful goals.

### Health and Wellness

#### Focus:

Stay active during the winter season, eat well, and prioritize mental health to keep the energy high.

## Seasonal Safety Tips

### Drive Cautiously:

If you're commuting, reduce speeds, and avoid sudden braking or sharp turns on icy roads.

### Clear Walkways:

Ensure all walkways, parking lots, and entry ways are clear of snow and ice to prevent slips and falls.

### Stay Warm:

If you're working outdoors, dress in layers and take breaks to warm up to prevent frostbite or hypothermia.



## Mental Health and Wellness

### **Mental Well-Being:**

The new year can feel overwhelming. Take one step at a time, prioritize self-care, and focus on progress, not perfection.

### **Wellness Tip:**

If you feel unwell, it is encouraged that you stay home to prevent illnesses from spreading to co-workers.

**January is a time to lay a strong foundation for the year. Let's embrace new challenges and continue working together toward shared success.**

**Cheers to 2025!**

**2025**

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