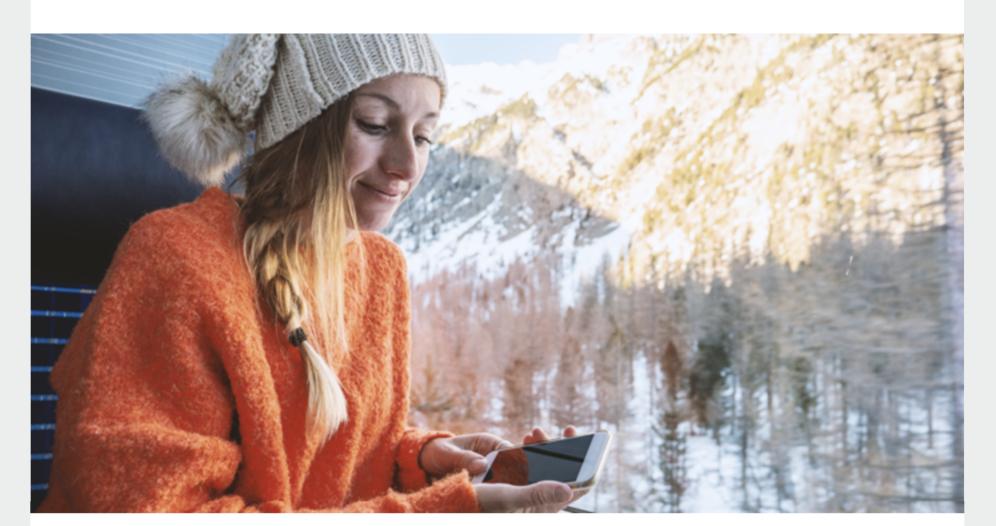
### **The UCD Wellness Connection**

December 2024



# Don't let the winter blues dim your pearly whites

If you find yourself feeling more depressed during the colder months, you may be battling seasonal affective disorder (SAD).

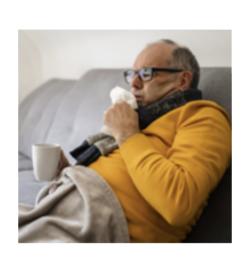
Spot the signs →



## Safe Toys and Gifts Month: Tips for buying presents

When it comes to gifts, it's important to pay attention to the safety of the toy and age range of the child.

**Consider these features** →



### Conquer this year's flu season

Preventing the flu is easier than treating it.

**Learn how** →



### Trivia:

What traditional holiday dessert includes figs, walnuts, cinnamon, and nutmeg? Hint – the flavor of this dessert becomes richer the older it gets.

Find out →

© 2024 United Concordia Dental. All rights reserved. 1800 Center Street, Suite 2B 220, Camp Hill, PA 17011 United **Concordia** dental\*

The information provided on this website is intended to provide general information only, does not constitute medical, health, benefit, legal, and/or tax advice, and does not attempt to give you advice that relates to your specific circumstances.