

December

National Impaired Driving Prevention Month

Holidays abound this month! If your gatherings traditionally include alcohol, commit to designating a driver, using a rideshare service, or taking a cab.



Earning and Redeeming

Have you worked hard this year to earn your wellness rewards? Don't forget that you must redeem all rewards by December 31st, as they will not roll over to the new year.



mycastlight.com/mybenefits

800-681-6758



National Handwashing Awareness Week

Cleaning your hands regularly is an effective way to prevent the flu and other illnesses. Scrub for about 20 seconds for the best results!



World AIDS Day

Today, we remember those lost to AIDS-related illness and continue fighting for equal access to HIV information, testing, and care.



Human Rights Day

Stay aware of the rights of all human beings and work to ensure that spaces where important decisions are made are fully accessible to all.



Make Cut-Out Snowflakes Day

Grab some paper and scissors and get snipping to create beautiful snowflakes—whether there's snow on the ground outside, or not!



New Year's Eve

Around the world, friends and family will gather to ring in the new year. Stay warm, stay safe, and start a new cycle of change and possibility!