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MARK YOUR CALENDAR

- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your *Wellness Your Way* incentives. [Get started here.](#)



Stay Active this Winter with Metro Parks Winter Hikes

Get outside, enjoy the fresh air, and stay active this winter at your Columbus & Franklin County Metro Parks! This year Metro Parks is celebrating the 50th anniversary of their annual winter hike series. With over 20 parks and 230 miles of trails, there's something for everyone.

December – walk under the twinkling lights at Battelle Darby Creek, Blacklick Woods, Highbanks, Homestead and Inniswood.

January & February – enjoy a hot drink each Saturday at specific parks ([click here](#) to see the schedule). As you hike the trails, search for wooden ornaments to take home!

[Click here](#) to learn more about the Winter Hike series, including information on how to earn a Winter Hike patch.



Christmas Holiday Sleepover with Franklin County Dog Shelter & Adoption Center

The Franklin County Dog Shelter & Adoption Center is hosting their annual Christmas Holiday Sleepover! Holiday sleepovers allow the dogs the opportunity to spend the holidays outside of the shelter and in loving homes. The shelter will provide you with all of the necessary supplies needed to care for your houseguest.

Visit the shelter (4340 Tamarack Blvd) on Thursday, December 22nd, 2022, from 11am-6pm to find your furry sleepover buddy. Staff will work with you to help you find the best fit for your home. Sleepover returns are on Tuesday, December 27th from 11am-6:30pm. Or, if you fall in love with your houseguest, all adoption fees will be completely waived and you can adopt your new best friend for just the cost of a dog license (\$18)!

Please note this is a first come, first serve event and there are no appointments. You can check out the dogs that are available ahead of time by visiting the [Franklin County Dog Shelter & Adoption Center website](#). More information about the holiday sleepover can be found on the [shelter's Facebook page](#).

If you aren't able to host a sleepover but you're still interested in helping the cause, there are countless opportunities to volunteer at the shelter. [Click here](#) to learn more.



Take Time to Reflect on 2022

As 2022 draws to a close, it's natural to turn our thoughts toward the holidays and the year ahead. We should also take stock of the present (no pun intended) and reflect on the past year.

Does it feel like the year went by fast, or slow? Was it the year you thought it would be? Did you meet the goals you set in January —can you even remember them? Now is the perfect time for an end-of-year reflection. It's important to take some time to look back on what you learned, how you were challenged, and how things unfolded compared to what you expected. It's easy to harp on the negative things and the things we didn't accomplish, but hopefully these self-reflection questions will help you remember and realize all the great things that took place in 2022!

- **What new discovery did you make this year?** Did you fall in love with a new recipe or podcast? Or maybe you joined a gym you really like. It could be anything!
- **What was your biggest pleasant surprise?** Did you unexpectedly gain a new skill or receive a promotion?
- **What achievement are you most proud of?** It might help jog your memory to think through each season or quarter one at a time.
- **What was your favorite purchase of the year and why?** It could be something big like a car or a house or something smaller and more sentimental.
- **What was a new habit or routine you created this year?** It could be something that has positively contributed to your health or maybe something that has improved your efficiency at home or work.
- **What did you ask for help for this year that you're glad you did?** It can be hard asking for help but it often pays off!
- **What did you change your mind about this year?** It could relate to exercise, politics, food – anything!

[Click here](#) for even more end-of-year reflection questions. You can answer these questions yourself or use them as a conversation starter with friends or family!



Flu, RSV, COVID-19, and Measles Fast Facts

There's a lot of viruses going around these days. Click on each of the links below to hear OhioHealth's Dr. Joe Gastaldo discuss many of the common questions around these viruses.

- [How bad is this year's flu season?](#)
- [Does this year's flu shot work against this year's strain?](#)
- [Is it too late to get the flu shot?](#)
- [COVID booster for 65+](#)
- [COVID treatments now that monoclonal antibodies are no longer available](#)
- [RSV](#)
- [Measles outbreak](#)



Fun for the Whole Family - Holiday Lights & More

Check out these light (and flower) displays to get you and your family in the holiday spirit!

- **Yuletide Village @ Renaissance Park** | December 16th & 17th | [Click here](#)
- **Conservatory Aglow & Holiday Blooms @ the Franklin Park Conservatory and Botanical Gardens** | Daily (closed Christmas Eve and Christmas Day) until January 8 | [Click here](#)
- **Wildlights @ the Columbus Zoo & Aquarium** | Daily (closed Christmas Eve and Christmas Day) until January 1 | [Click here](#)
- **Columbus Commons Holiday Lights** | Daily from 5-11pm until January 1 | FREE | [Click here](#)
- **Creekside Park Lights** | Daily until January 8 | FREE | [Click here](#)
- **Magic of Lights Drive-Thru @ Historic Crew Stadium** | Daily from 5:30-10pm until January 1 | [Click here](#)