

## Safety Message Library Will Replace Daily Safety Messages in 2019

In an effort to provide employees with safety messages that better relate to their daily tasks, Enterprise Safety has developed an easy-to-use library of over 1,000 messages on various human performance and industrial safety topics. The library, launching January 1, will replace the traditional daily safety message package currently created by Enterprise Safety.

<b>Hazard Recognition: Stress, Ladder Safety, Safe Toys/Gifts, Travel Safety</b>						
<b>December 2018</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Material Handling
2 Proper Lifting	3 The Link	4 Go Easier On Yourself	5 Holiday Dip	6 Holiday Distractions	7 Holiday Stress	8 Questioning Attitude - Holiday
9 Hunting	10 Job Hazard Analysis – Tools	11 Healthy Lifestyle	12 Exercise	13 Job Hazard Analysis - Drills	14 Proper PPE	15 Lifting Heavy
16 Don't Take Shortcuts	17 Stand, Don't Sit	18 One is the Loneliest Number	19 Avoid Aggressive Driving	20 Slips, Trips, and Falls	21 Ladder Safety	22 Overtime Work
23 Holiday Week – Part 1	24 Holiday Overtime	25 Holiday Week – Part 2	26 Small Steps	27 Eat Breakfast	28 Holiday Week – Part 3	29 Holiday Travel
30 Holiday Driving	31 Happy New Year's Eve!					

*Hazard Recognition: Stress, Ladder Safety, Safe Toys/Gifts, Travel Safety*  
*Safety Principle #12: Off the job safety is an important part of overall safety efforts*

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### **Daily Safety and Health Topics**

**December 2018**

#### **Hazard Recognition:**

**Stress, Ladder Safety, Safe Toys/Gifts,  
Travel Safety**

#### **Entergy's 12 Safety Principles**

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



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### **December 1, 2018**

## **Safety, Health and Human Performance Focus**

### **MATERIAL HANDLING**

There is a high risk of serious injury if a suspended load should fall during handling operations. To prevent an injury, the following approaches, at a minimum, should be implemented:

- Make sure all are trained and certified in the gear they operate
- Avoid carrying loads over people
- Don't forget that forklift masts, forks, hoists or empty buckets are also considered a suspended load
- Be aware of what is being moved, its swing and stability
- For overhead cranes and hoists, remote controls are recommended to allow operation and movement of the machinery from a safe distance
- Utilize specific hand signals for operators and employees and make sure everyone in the environment of a load lift understands what they mean
- Keep a strong questioning attitude

## **Org Health & Diversity Focus**

During 2018, the Organizational Health and Diversity topics ranged from tips on creating an inclusive work culture to the benefits of mentorship. Our final focus for the year will give a recap of the topics that were covered. To learn more about topics related to Organizational Health, Diversity and Inclusion, please visit our site by clicking [here](#).

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**December 2, 2018**

### **Safety, Health and Human Performance Focus**

#### **PROPER LIFTING**

Over exertion can wreak havoc on your back. Use the BLAST lifting technique to ease the burden on your back muscles, ligaments, tendons and disks.

- B** – Bow your back in
- L** – Legs, bend your knees and use your leg muscles for the lift
- A** – Abdominals, tighten your abs to prepare your core for the lift
- S** – Slow and Smooth, don't jerk on the object during the lift
- T** – Twist, never twist your back when lifting.

### **Org Health & Diversity Focus**

#### **WORKPLACE GRATITUDE**

Create a personal culture of gratitude and appreciation to remove negativity from the environment. A positive workplace climate will allow the team to shift their perspective on life and work as well.

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**December 3, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - THE LINK BETWEEN SMELL AND FOOD CHOICES**

If you hold your nose while eating chocolate, you might have trouble identifying the chocolate flavor. This is because taste and smell are closely linked. Those whose smell declines due to allergies, medications or aging often eat foods containing higher amounts of salt or sugar. Consider using more spices like basil, cumin or chili powder to increase flavor and offset a decreased sense of smell.

### **Org Health & Diversity Focus**

#### **CRAFT THE CULTURE**

Lead by example. Impact the organizational culture by embodying, promoting, and rewarding traits that others can model.

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**December 4, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - GO EASIER ON YOURSELF**

The next time you get down on yourself for a mistake or something you did or didn't do, try practicing self-compassion. Rather than judging yourself harshly, treat yourself kindly. This doesn't mean you let yourself off the hook. Self-compassion is about understanding and accepting. Research supports that being self-compassionate makes it more likely you will take responsibility for your actions. Studies also show that self-compassion is linked with many benefits.

### **Org Health & Diversity Focus**

#### **COMMUNICATION**

Communication is arguably the cornerstone of any healthy and effective work environment.

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**December 5, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - DELICIOUS HOLIDAY DIP**

Looking for a quick and healthy dip for the holidays? Here's a tip from our registered dietitian: Combine 1 cup of plain nonfat or low-fat yogurt with 1 teaspoon of lemon juice, a clove of minced garlic, and 1 tablespoon of fresh dill. Store in the refrigerator for several hours or overnight. Use as a dip for fresh veggies, including sliced red and green peppers, carrots, celery, broccoli, and cauliflower.

### **Org Health & Diversity Focus**

#### **CREATING AN INCLUSIVE WORKPLACE – TIP # 1**

Recognize and reward one another for modeling inclusive behavior and fostering an environment of acceptance, respect and flexibility.

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### **December 6, 2018**

#### **Safety, Health and Human Performance Focus**

##### **HOLIDAY DISTRACTIONS**

The holidays can bring about mental distractions that are not typical to normal day-to-day activities. When you find your thoughts drifting to those holiday plans while in the middle of a task, STOP what you are doing and REFOCUS on what your task is, what the expected outcome is and (one that often goes unthought-of) what steps you have already taken so that you don't undo a step or miss a step.

#### **Org Health & Diversity Focus**

##### **CREATING AN INCLUSIVE WORKPLACE – TIP #2**

Be mindful of the language we use and make sure it's as inclusive as possible.

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### **December 7, 2018**

#### **Safety, Health and Human Performance Focus**

##### **HOLIDAY STRESS**

Stress can create a distracted mind. The Mayo Clinic has several tips to deal with holiday stress. One great way to keep your focus during the holidays is to stay healthy. Surely your diet will suffer a 'party setback' or two. That is to be expected. Don't beat yourself up over it. But ... be reasonable and don't allow yourself to go crazy. Physical exercise is a great way to blow off steam.

#### **Org Health & Diversity Focus**

##### **CREATING AN INCLUSIVE WORKPLACE – TIP #3**

Make a new friend at work today – introduce yourself to someone you don't know!

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### **December 8, 2018**

#### **Safety, Health and Human Performance Focus**

##### **QUESTIONING ATTITUDE – HOLIDAY SEASON**

The holidays can be such a great time of parties, family, vacation, etc. However, some of us can get caught up in feeling stress or pressure during the holidays. This stress can often lead to distraction while you are performing important tasks at work or off-the-job, such as driving. Use a questioning attitude: “Am I distracted right now?” If yes – put off your concerns for right now – and focus on the task at hand

#### **Org Health & Diversity Focus**

“We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better.” - J.K. Rowling

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**December 9, 2018**

### **Safety, Health and Human Performance Focus**

#### **HUNTING**

If your holiday activities bring you to the deer woods, always check the weather before heading out. Ensure you have a navigational type device, wear the proper clothing for hunting and conditions, and practice gun safety.

### **Org Health & Diversity Focus**

“Spread love everywhere you go. Let no one ever come to you without leaving happier.” -  
Mother Teresa

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**December 10, 2018**

### **Safety, Health and Human Performance Focus**

#### **JOB HAZARD ANALYSIS - TOOLS**

Stopping a job to obtain another tool is a common occurrence. But this tool may not have been included in your JHA. Ensure new tools are accounted for. For example, include tool lanyards if necessary to prevent dropping. Also – new tools may require reaching farther or more physical exertion, etc. Plan it out!

### **Org Health & Diversity Focus**

“The most difficult thing is the decision to act, the rest is merely tenacity.” - Amelia Earhart

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### **December 11, 2018**

#### **Safety, Health and Human Performance Focus**

##### **Health Focus Tip - HEALTHY LIFESTYLE MAY REDUCE RISK OF DEMENTIA**

A healthy lifestyle may help keep the brain healthy as we age. High cholesterol, high blood pressure, and diabetes are all factors that can increase the risk of heart problems, as well as stroke and dementia. Fortunately, many of the same healthy behaviors that help protect your heart can also help you keep your brain in shape. To promote brain health, choose a nutritious eating plan, be physically active, limit alcohol (if you drink at all) and avoid tobacco.

#### **Org Health & Diversity Focus**

One way to encourage knowledge sharing is to implement a mentoring philosophy. This can be done by teaming new employees with existing employees with the intention of transferring knowledge.

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**December 12, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - EXERCISE FOR A BETTER YOU**

If you're feeling down, consider going for a walk, bike ride, or doing some kind of physical activity. Research shows that exercise helps reduce stress, anxiety, and depression. In addition, it may also help boost self-esteem and improve sleep. For mild to moderate depression, exercise is often an underused treatment option. Exercise is not a cure all, but it may help improve your sense of well-being.

#### **Org Health & Diversity Focus**

One way to encourage knowledge sharing is to share stories and best practices during team meetings. Make this a part of your meeting structure.

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**December 13, 2018**

### **Safety, Health and Human Performance Focus**

#### **JOB HAZARD ANALYSIS - DRILLS**

Ensure the crew is clear on who will do what in the event of an emergency. Document your plan on the JHA form. In the office environment ensure the emergency action plan is reviewed at each safety meeting and conduct drills as needed. Drills provide good feedback on what works and what needs attention in your plan.

### **Org Health & Diversity Focus**

One step in creating a knowledge sharing culture is to keep the communication transparent. Knowledge sharing via open communication develops a sense of trust and awareness.

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**December 14, 2018**

### **Safety, Health and Human Performance Focus**

#### **PROPER PPE**

Knowing the work or activity space where things will be developing should be a part of your hazard assessment whether at work or home. Falling objects will cause injury. Wearing the proper PPE can reduce the severity of the injury. Be prepared and know your environment.

### **Org Health & Diversity Focus**

Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation. Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

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**December 15, 2018**

### **Safety, Health and Human Performance Focus**

#### **LIFTING HEAVY**

What to do when a job changes, and you need to lift something heavy with no help?

Options:

1. Stop the task, and talk to your supervisor.
2. Get help with a lifting device.
3. Reanalyze the job to see if the lifting can be eliminated.
4. Wait until help is available.

### **Org Health & Diversity Focus**

Per the Substance Abuse and Mental Health Services Administration, nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.

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**December 16, 2018**

### **Safety, Health and Human Performance Focus**

#### **DON'T TAKE ANY SHORTCUTS**

“There are no shortcuts. I approached practices the same way I approached games. You can't turn it on and off like a faucet. I couldn't dog it during practice and then, when I needed that extra push late in the game, expect it to be there. Very few people get anywhere by taking shortcuts.” - Michael Jordan

### **Org Health & Diversity Focus**

Depression is the leading cause of disability worldwide. Each year, millions of Americans face the reality of living with a mental health condition, as 1 in 5 U.S. adults will experience a mental health condition in their lifetime.

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**December 17, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - STAND, DON'T SIT**

When it comes to our health, research shows that the movement we do (or don't do) throughout the day may be just as important as our planned exercise sessions. In addition to your planned workout, don't sit when you can stand, don't stand when you can pace or walk, and don't just walk when you can walk briskly. Look for simple ways to get up and move every 30 to 60 minutes throughout your day.

#### **Org Health & Diversity Focus**

Acceptance in the workplace means understanding we live in an increasingly diverse world, we need to be aware that we are all unique and have different beliefs, personalities, culture, etc.

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**December 18, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - ONE IS THE LONELIEST NUMBER**

Did you know that feeling lonely can affect your health? One study found that loneliness among people over age 50 is linked to a greater risk of high blood pressure. As you age, stay active and social with friends, family or community groups. Having strong connections with others can benefit your overall health and well-being and offer a source of social support.

### **Org Health & Diversity Focus**

#### **SUPPORTING VERSUS ACCEPTING**

Support and acceptance are not interchangeable. Support cannot come without acceptance but acceptance can come without support.

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**December 19, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - AVOID AGGRESSIVE DRIVING**

If you've felt anger building up after someone cut you off in traffic, you're not alone. But sometimes, those feelings of frustration can escalate to road rage that endangers safety. Keep your cool on the road, be forgiving and resist the urge to respond with aggressive actions. Focus on getting to your destination safely. If your safety is threatened, call 911.

### **Org Health & Diversity Focus**

No two people think or act in the same way. How we react to these differences is key to having a work environment in which all individuals can be comfortable and contribute at their maximum level.

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**December 20, 2018**

### **Safety, Health and Human Performance Focus**

#### **SLIPS, TRIPS, AND FALLS**

Slips, trips and falls are the number one cause of industrial injuries in the U.S. Thousands of disabling injuries — and even deaths — occur each year as a result of slips, trips and falls. Pay attention to your movements and surroundings:

- Stop, Think, Act and Review as you go through your daily tasks
- Focus on where you're going, what you're doing, and what lies ahead.
- Expect the unexpected.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Walk, don't run.
- Watch out for floors that are uneven, have holes, etc.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. Slide your feet and avoid sharp turns.

### **Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful of oversharing. Remember to keep things professional and respectful.

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**December 21, 2018**

### **Safety, Health and Human Performance Focus**

#### **LADDER SAFETY**

Many of our employees use portable ladders. Remember these practices when using ladders.

- Select the right type of ladder
- Inspect the ladder – do not use deficient ladders
- Follow the weight rating on the ladder
- If you see that you will need to over-reach or lean to access the area where you need to work, move the ladder
- If you must work in high traffic areas from a ladder, use cones, flagging, spotters or signs to ensure that others do not bump you off the ladder.

Hanging up your holiday lights a little late this year? Keep these tips in mind when you do!

### **Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful of the office hierarchy. Be careful of how your friendship affects professional relationships and how coworkers may perceive the friendship.

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**December 22, 2018**

### **Safety, Health and Human Performance Focus**

#### **OVERTIME WORK**

In some cases, especially around holiday time, individuals have to work overtime to cover for others' vacations. In addition to the frustration and irritability due to one not wanting the extra work hours, often times there are knowledge gaps present because more senior employees are the ones on vacation. Take a moment to breathe, and remember that regardless of the ill feelings, you still must complete your job safely.

#### **Org Health & Diversity Focus**

In order to maintain friendships at work, be mindful about resolving disagreements. Disagreements happen at work but don't let a personal disagreement mess up your professional relationships.

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**December 23, 2018**

### **Safety, Health and Human Performance Focus**

#### **HOLIDAY WEEK – Part 1**

Extension cords should never be placed under carpets or where they could be a tripping hazard. Don't leave the Christmas tree lights on if there is no one in the room. If the tree begins to lose an excessive amount of needles, remove it immediately. Never burn your tree in the fireplace!

### **Org Health & Diversity Focus**

Many successful people attribute their success to the advice or help of a mentor. A mentorship is a relationship in which a more experienced or knowledgeable person offers support and guidance to a less experienced or knowledgeable person.

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**December 24, 2018**

### **Safety, Health and Human Performance Focus**

#### **HOLIDAY OVERTIME**

Holiday shopping is a big deal for many of us. We want to buy the best gifts that excite children and family. In many cases employees seek overtime in order to make this happen. Be cautious not to focus so much on the gift giving that you become unaware of the shape you are in. Working long hours for several days will wear on your body and mind.

#### **Org Health & Diversity Focus**

A mentor/mentee relationship can include career advice, role modeling or even emotional support. It's okay to have multiple mentors in your career. You may not be able to get everything you need from one person.

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**December 25, 2018**

### **Safety, Health and Human Performance Focus**

#### **HOLIDAY WEEK – PART 2**

Fires are common because of the hazards presented by dry Christmas trees, candles too close to combustible materials, overloaded or defective wiring for decorative lights, fireplaces stuffed with wrapping paper, and malfunctioning heating systems. Be aware of fire hazards at home.

### **Org Health & Diversity Focus**

Mentoring relationships are important because they can have significant impact and can change the trajectory of a person's career. Mentoring relationships can help develop emerging talent for future leadership positions.

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**December 26, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - SMALL STEPS TOWARD BALANCED EATING**

When it comes to balanced eating, it's not about just one food or nutrient. It is your overall pattern of eating that impacts your health. Take a small step to move toward more nutritious food choices. For example, replace a sugary snack with a piece of fruit, choose grilled chicken instead of fried, or choose whole-grain bread or pasta in place of the regular version. Simple swaps like these can move you toward an eating pattern with more nutrients and less saturated fat and added sugar.

### **Org Health & Diversity Focus**

One general tip for communicating with people with disabilities is to relax! Don't be embarrassed if you happen to use a common expression that seems to relate to a person's disability such as "see you later".

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**December 27, 2018**

### **Safety, Health and Human Performance Focus**

#### **Health Focus Tip - EAT BREAKFAST, PREVENT OVEREATING**

Starting your day with breakfast can prevent overeating later in the day. Consider the following quick and healthy choices: whole-grain cereal with skim or low-fat milk, whole-wheat toast lightly spread with peanut butter, low-fat yogurt and fresh fruit, a slice of leftover veggie pizza, or a hard-boiled egg.

#### **Org Health & Diversity Focus**

Positive language can be empowering. Use affirmative phrases such as “person with a physical disability” instead of a negative phrases such as “crippled”, “lame” or “deformed”.

*Hazard Recognition: Stress, Ladder Safety, Safe Toys/Gifts, Travel Safety  
Safety Principle #12: Off the job safety is an important part of overall safety efforts*

## **Safety Message Library Will Replace Daily Safety Messages in 2019**

In an effort to provide employees with safety messages that better relate to their daily tasks, Enterprise Safety has developed an easy-to-use library of over 1,000 messages on various human performance and industrial safety topics. The library, launching January 1, will replace the traditional daily safety message package currently created by Enterprise Safety.

**December 28, 2018**

### **Safety, Health and Human Performance Focus**

#### **HOLIDAY WEEK – PART 3**

Besides the seasonal hazards at home, hazardous situations can develop at work over the holidays. Special schedules may create situations where crews are short-handed or where workers are isolated. The year is almost over and it is easy to become relaxed. Be sure to use S.T.A.R. Stop, Think, Act, Review when doing tasks.

### **Org Health & Diversity Focus**

Remember when communicating with and about people with disabilities offer assistance but do not insist or be offended if your offer is not accepted.

*Hazard Recognition: Stress, Ladder Safety, Safe Toys/Gifts, Travel Safety  
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**December 29, 2018**

### **Safety, Health and Human Performance Focus**

#### **HOLIDAY TRAVEL**

Doing any holiday travel this weekend? Keep this in mind: seatbelts, child restraints, and backup sensors are just a few accident and injury prevention devices available to drivers. Make these essential devices a part of your defensive driving plan. Live safe this weekend!

### **Org Health & Diversity Focus**

**TREAT OTHERS THE WAY *THEY* WANT TO BE TREATED.**

Find out what respect means to others.

*Hazard Recognition: Stress, Ladder Safety, Safe Toys/Gifts, Travel Safety  
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**December 30, 2018**

### **Safety, Health and Human Performance Focus**

#### **HOLIDAY DRIVING**

Like any other time of year, during the holidays drivers are likely to commit errors. Be aware of the some of the most common errors drivers make.

- Rolling stops
- Distracted driving
- Confusion of four-way stops
- Improper freeway merging
- Driving too fast for hazardous conditions

### **Org Health & Diversity Focus**

#### **DEMONSTRATE MUTUAL RESPECT.**

Inclusion means being respectful regardless of position or title.

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### **December 31, 2018**

#### **Safety, Health and Human Performance Focus**

##### **HAPPY NEW YEAR'S EVE**

Be sure to be extra careful today while you celebrate the new year! It is so important to live safe every single day. You made it through 2018, finish up safely and thinking about what resolutions you can set for yourself; take some time to ensure you will make 2019 as safe or safer than 2018.

If you are out driving tonight, remember that New Year's Eve can involve drunk drivers. Use defensive driving tools while out tonight. If you choose to partake in some adult beverages, call an uber or lyft. Don't Drink and Drive!

Here's to a safe and healthy 2019!

#### **Org Health & Diversity Focus**

##### **LIVE A HEALTHY LIFE.**

Do something good for you mind, body, and soul. Encourage others to join you.