



Happy 2020!

A new year is a fresh start and a great time to focus on creating  
(or *re-establishing*) healthy habits!

[Discover why \*\*goals\*\* may be better than traditional resolutions  
for creating habits that stick in 2020.](#)



#### **Health Matters Hero**

Nominate a [Health Matters Hero](#) by January 17. The first hero will be announced on February 1st.



#### **Little Habits Challenge**

Little habits add up! [Register for the Little Habits Challenge](#) to help you make positive changes in 2020!



**Diabetes Prevention Program Online**

Take a journey toward better health in 2020! [Attend a webinar on January 21 to learn about the \*Diabetes Prevention Program\*](#) offered entirely online.



### Plan a Vacation Day

Celebrate *Plan a Vacation Day* on January 28 and discover why [taking time off from work can be good for your health!](#)



### Toolkit: Walking Meetings

Find out how to [take your meetings on the move](#) with this new toolkit!



### Mini Challenge: 10 Ten

Make 10 ten-year goals with the ["10 Ten" Mini Challenge](#).



### Prevention Spotlight: Thyroid

Learn about [this small, but mighty, gland](#) that does so much.



### 2020 Calendar

See what [Health Matters has on the calendar for 2020!](#)



### Free Counseling

Access [free, confidential counseling](#).



### Featured Recipe

Power up with [High Protein Egg Muffins](#).



### Events/Programs

Find [events and programs](#) in your area!

HEALTH MATTERS | 304 NORTH 8TH STREET | BOISE | ID | 83720