Evergreen Wellness

The Yammer X-mas

DECEMBER 2025

Here we are again...the end of the year...the month of Winter...the Holiday season. It sure seems to come quickly. Not a bad start to the colder months; let's see how we fair.

Please take a look below for our **Office Christmas Closure (Dec. 20, 2025 - Jan.5, 2026).**

The **last day to pre-order your supplements** is **Friday Dec. 5, 2025** - this is because it can still take up to 10 days to receive our orders. After this round of orders, it will not be until the new year that we get any new orders in, so make sure you pre-order by this date so as to not miss out on what you need.

Also make sure that you have **all of your appointments booked as soon as possible**, as this is our busiest time of the year with people wanting to use up their benefits, last minute. We often have a waitlist with no guarantee of being able to get in by the time we close up for the holidays.

We would like thank you all for your continuing devotion to our clinic and hope everyone has a safe and happy holiday!

CHRISTMAS CLOSURE

We will be **closed** for Christmas holidays from **Monday, December 22, 2025** **until** **Monday, January 5, 2026**.

** Dr. Katia De Marco will be away until the week of Jan. 15, 2026.*

Cut-off for ordering supplements will be Friday Dec. 5, 2025; this is to ensure that we can get as much of the supplements ordered and in stock before we close.

We also recommend making sure that you have **all of your appointments booked** for the year (especially if you have benefits to use up) by **December 5, 2025**.
Waitlists can be lengthy with no guarantee of getting in before we close for the holidays.

Christmas Sudoku

The rules of Sudoku are to fill a grid with digits from to so that each row, column, and block contains each letter exactly once. No number can be repeated within any single row, column, or block. The game starts with some cells already filled, and you use logic and deduction to fill the rest.

This one is a more challenging puzzle: SNOWFLAKE

L	N					K		
K						E		W
		O				S	L	
E	L	W						
S				E	O			
		A	W			L		
O		F	N	A				
W		L			K			N
	A		E		F		S	

Give the Gift of Health this Season!

Gift Certificates are available:

Monetary ($) value
Treatment(s)
Testing

Winter - A Time for Reflection and Restoration

Winter is a time of year that reminds us to pause and slow down; winter months bring with them space for quiet introspection and self-reflection, as well as rest and restoration.

This winter, make a promise to check in with yourself; the fast pace that we are used to in everyday life can make it so easy to put ourselves on auto-pilot, and before we know it, we have easily put aside the things that we really need to be happy and healthy.

Make it a priority to slow down, to take time for yourself, and to reflect and turn inward. Set aside time to do the things that you love, but also to tend to yourself and all that you have gone through. Find moments to breathe and be mindful of how you are feeling, to integrate what you have learned, and to listen to your body.

Continue to reflect on and celebrate the things that you are grateful for. Remember that only through rest does spring come once again.

To follow in winters footsteps, here are a few questions that you can ask yourself as prompts:

What are things that you can do to find balance in your day?

Do you feel at ease with the pace of your day? What are some things that you can include in your day to help you feel balanced emotionally, physically, mentally? What is your relationship to saying “no” to people or events? What is your relationship to saying “yes” to people or events?

What does your body need to feel healthy?

Is it nutritious food? Physical movement? A good night’s sleep? What signals is your body giving you, and how can you address them?

What does your mind need to feel healthy?

What is your relationship with your thoughts? What are your patterns of thought and how are they affecting you? Do you find it easy to share as well as listen? What are sources of support that you can turn to?

The answers that come from these questions are meant to encourage self-reflection. They can also help you identify your needs; if you find that you have needs that are not being met that may affect others around you, such as a partner or family, find the time to share and communicate these. And if these questions feel too difficult to answer, that is okay. Trust that you will find answers when you need them.

And remember, part of rest and restoration and finding balance in your day, is having fun. Spend time with friends and family, or set aside time to do something that you love. While moments for introspection are important, so too are moments of sharing and connecting with others.