

# it's time to celebrate new beginnings



healthy changes  
everything.®

## and make a healthy change

Start the new year off in a healthy direction. Schedule an annual physical, and work with your doctor to set goals to increase your level of exercise, and make healthier food choices.

For tips on getting started, visit us at [facebook.com/bsneny](https://facebook.com/bsneny) or [twitter.com/bsneny](https://twitter.com/bsneny)

