

# The UCD Wellness Connection

December 2024



## Don't let the winter blues dim your pearly whites

If you find yourself feeling more depressed during the colder months, you may be battling seasonal affective disorder (SAD).

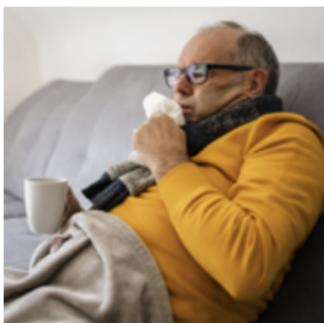
[Spot the signs →](#)



### Safe Toys and Gifts Month: Tips for buying presents

When it comes to gifts, it's important to pay attention to the safety of the toy and age range of the child.

[Consider these features →](#)



### Conquer this year's flu season

Preventing the flu is easier than treating it.

[Learn how →](#)



### Trivia:

What traditional holiday dessert includes figs, walnuts, cinnamon, and nutmeg? Hint – the flavor of this dessert becomes richer the older it gets.

[Find out →](#)