

Winter Issue

WINTER WONDERLAND AT GMC

5 TEAS THAT HELP KEEP YOU WARM & HEALTHY IN THE WINTER



HAPPY
HOLIDAYS
FROM OUR
GMC FAMILY
TO YOU AND
YOURS!

1. Ginger Tea: If you are searching for an alternative to your favorite winter drinks while keeping health as a priority, you will love Ginger Tea. It helps with motion sickness, immune support, cancer prevention, as well as fight respiratory problems.

2. Sage Tea: Sage leaf is used to make medications and is good for brain functioning. Other than the lovely taste of the tea, it helps in digestion, including stomach pain, bloating, diarrhea, and heartburn.

3. Earl's Grey Tea: Take the time to delight in the weather before it gets too cool.

4. Russian Tea: It primarily comes from the herbal preparation of Black and Green Tea that helps with weight loss, can reduce cholesterol, prevent tooth decay and promote the growth of strong bones.

5. Lemon & Pepper Tea: To add some kick to your health routine, try sipping a cup of cayenne pepper tea. Typically prepared with ground cayenne pepper, fresh lemon, and purified water, this spicy brew is said to stimulate your digestive system, shield your heart health, and support



A YEAR AT A GLANCE AT GMC



DECEMBER

GLASS SCULPTING DAY
HOLIDAY PARTY

JANUARY

NEW YEARS PARTY
RESTAURANT OUTING

FEBRUARY

VALENTINES PARTY
PAINT DAY

MARCH

SPRING ACTIVITIES TO BE
POSTED ON SPRING
SCHEDULE*



'TIS THE SEASON

Spread holiday cheer to everyone this holiday season, you never know what they're going through.