



Type: Holiday Greetings
Title: Celebrating the Holidays and Looking to the New Year
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Happy Holidays and Happy New Year to you and your family.

A Moment of Health and Wellness Focus: Moving through the holiday season and into the New Year in good health.....**HC #04**



Type: Celebrating the Holidays and Looking to the New Year
Title: Peace, Hope, Love
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: May your Holiday Season be filled with peace, hope and love.

A Moment of Health and Wellness Focus: The "Gifts" of exercise.....**HC #29**



Type: Celebrating the Holidays and Looking to the New Year
Title: My Wishes for You this Season
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: May the New Year bring you health, wellness and all of the desires of your heart

A Moment of Health and Wellness Focus: The benefits of exercise.....**HC #32**



Type: Holiday Greetings
Title: Celebrating the Holidays and Looking to the New Year
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Reflect, celebrate and embrace this holiday season

A Moment of Health and Wellness Focus: Moving through the holiday season and into the New Year in good health.....**HC #01**



Type: Holiday Greetings
Title: The Season of Wonder
Target: General
Purpose: Conveying Warm Holiday Greetings and Happy New Year Wishes.
Sample of Text: The kindness of strangers and the love of family and friends

A Moment of Health and Wellness Focus: 5 (Five) healthy possibilities for the year to come. (General health recommendations and tips.).....**HC #05**



Type: Celebrating the Holidays and Looking to the New Year
Title: Peace, Hope, Love
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Wishing you a prosperous, healthy and Happy New Year!

A Moment of Health and Wellness Focus: The "Gifts" of exercise.....**HC #30**



Type: Celebrating the Holidays and Looking to the New Year
Title: My Wishes for You this Season
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: One joy scatters a hundred griefs.

A Moment of Health and Wellness Focus: The benefits of exercise.....**HC #33**



Type: Holiday Greetings
Title: Celebrating the Holidays and Looking to the New Year
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Wrap yourself in the love and joy found with friends and family.

A Moment of Health and Wellness Focus: Moving through the holiday season and into the New Year in good health.....**HC #02**



Type: Holiday Greetings
Title: The Season of Wonder
Target: General
Purpose: Conveying Warm Holiday Greetings and Happy New Year Wishes.
Sample of Text: The beauty of the first snowfall and long winter days

A Moment of Health and Wellness Focus: 5 (Five) healthy possibilities for the year to come. (General health recommendations and tips.).....**HC #06**



Type: Celebrating the Holidays and Looking to the New Year
Title: My Wishes for You this Season
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Peace, Hope, Joy, Wisdom and Love

are my wishes for you this holiday season
A Moment of Health and Wellness Focus: The benefits of exercise.....**HC #31**



Type: Celebrating the Holidays and Looking to the New Year
Title: My Wishes for You this Season
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: The pillar of the world is hope.

A Moment of Health and Wellness Focus: The benefits of exercise.....**HC #34**



Type: Holiday Greetings
Title: Celebrating the Holidays and Looking to the New Year
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Welcome with great anticipation and renewed hope the upcoming New Year.

A Moment of Health and Wellness Focus: Moving through the holiday season and into the New Year in good health.....**HC #03**



Type: Holiday Greetings
Title: The Season of Wonder
Target: General
Purpose: Conveying Warm Holiday Greetings and Happy New Year Wishes.
Sample of Text: May your holidays be full of wonder and may never ending hope overflow into

a bright New Year!
A Moment of Health and Wellness Focus: 5 (Five) healthy possibilities for the year to come. (General health recommendations and tips.).....**HC #07**

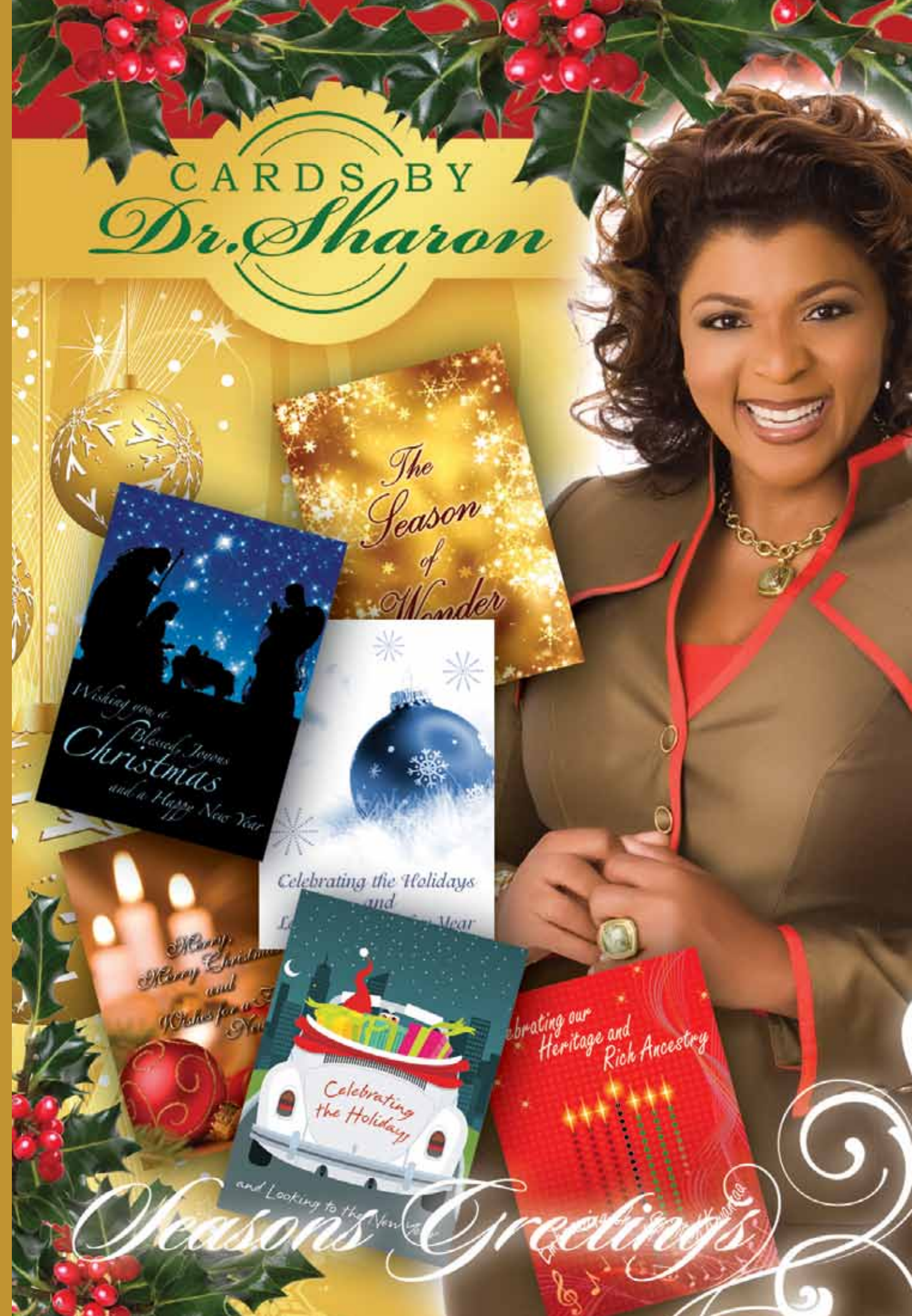
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CARDS BY Dr. Sharon





Type: Holiday Greetings
Title: Season's Greetings & Happy New Year
Target: General
Purpose: Holiday Greetings and Happy New Year
Sample of Text: Reliving precious moments of holidays gone by

A Moment of Health and Wellness Focus: The importance of your family's health history and how to attain the information.....HC #08



Type: Holiday Greetings
Title: Season's Greetings & Happy New Year
Target: General
Purpose: Holiday Greetings and Happy New Year
Sample of Text: May the holidays and the year to come remind you of the beauty and absolute wonder of the gift of life.

A Moment of Health and Wellness Focus: The importance of your family's health history and how to attain the information.....HC #09



Type: Holiday Greetings
Title: Season's Greetings & Happy New Year
Target: General
Purpose: Holiday Greetings and Happy New Year
Sample of Text: Wishing you and your family a wonderful Holiday Season and a Sensational New Year

A Moment of Health and Wellness Focus: The importance of your family's health history and how to attain the information.....HC #10



Type: Merry Christmas & Happy New Year
Title: Merry Merry Christmas and Wishes for a Fabulous New Year
Target: General
Purpose: Merry Christmas and Happy New Year
Sample of Text: It's time to celebrate and reflect on the beauty of life

A Moment of Health and Wellness Focus: Small steps to a healthy holiday season to carry into the years to come.....HC #11



Type: Merry Christmas & Happy New Year
Title: Merry Merry Christmas and Wishes for a Fabulous New Year
Target: General
Purpose: Merry Christmas and Happy New Year
Sample of Text: Wrap yourself in the warmth of the season and the promises

of the year to come.
A Moment of Health and Wellness Focus: Small steps to a healthy holiday season to carry into the years to come.....HC #12



Type: Merry Christmas & Happy New Year
Title: Merry Merry Christmas and Wishes for a Fabulous New Year
Target: General
Purpose: Merry Christmas and Happy New Year
Sample of Text: I wish you all of the joy, peace and happiness of the Christmas Season.

A Moment of Health and Wellness Focus: Small steps to a healthy holiday season to carry into the years to come.....HC #13



Type: Blessed Christmas & Happy New Year
Title: Wishing you a Blessed, Joyous Christmas and a Happy New Year
Target: Inspirational
Purpose: Inspirational messages for a Merry Christmas and Happy New Year

Sample of Text: Like Mary you are highly favored and blessed by God.
A Moment of Health and Wellness Focus: Healthy holiday tips.....HC #14



Type: Blessed Christmas & Happy New Year
Title: Wishing you a Blessed, Joyous Christmas and a Happy New Year
Target: Inspirational
Purpose: Inspirational messages for a Merry Christmas and Happy New Year
Sample of Text: May you and your family share the warmth and love of this season.

A Moment of Health and Wellness Focus: Healthy holiday tips.....HC #15



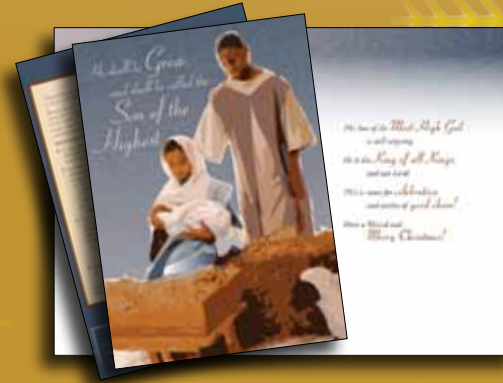
Type: Blessed Christmas & Happy New Year
Title: Wishing you a Blessed, Joyous Christmas and a Happy New Year
Target: Inspirational
Purpose: Inspirational messages for a Merry Christmas and Happy New Year
Sample of Text: Celebrate family and friends as your remember

that He is the reason for the season.
A Moment of Health and Wellness Focus: Healthy holiday tips.....HC #16



Type: Blessed and Merry Christmas
Title: He shall be Great, and shall be called the Son of the Highest
Target: Inspirational
Purpose: Inspirational messages for Christmas season
Sample of Text: The Son of the Most High God is still reigning.

A Moment of Health and Wellness Focus: Healthy holiday tips.....HC #17

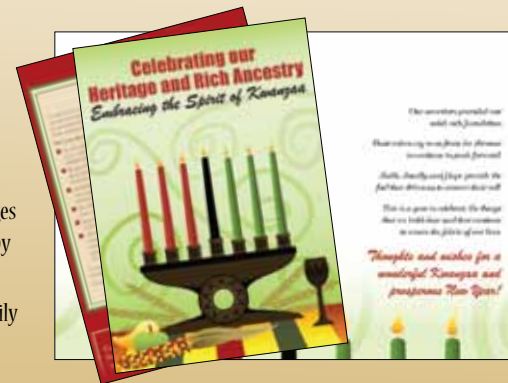


Type: Blessed and Merry Christmas
Title: He shall be Great, and shall be called the Son of the Highest
Target: Inspirational
Purpose: Inspirational messages for Christmas season
Sample of Text: He is the King of all Kings, and our Lord!
A Moment of Health and Wellness Focus: Healthy holiday tips.....HC #18



Type: Kwanzaa and Happy New Year
Title: Celebrating our Heritage and Rich Ancestry: Embracing the Spirit of Kwanzaa
Target: African Americans and other persons who celebrate Kwanzaa
Purpose: Kwanzaa commemoration (The Seven Principles of Kwanzaa are described and listed in the card)

Sample of Text: Our ancestors provided our solid, rich foundation
A Moment of Health and Wellness Focus: The importance of fruits and vegetables in our diets.....HC #19



Type: Kwanzaa and Happy New Year
Title: Celebrating our Heritage and Rich Ancestry: Embracing the Spirit of Kwanzaa
Target: African Americans and other persons who celebrate Kwanzaa
Purpose: Kwanzaa commemoration (The Seven Principles of Kwanzaa are described and listed in the card)

Sample of Text: Faith, Family and Hope provide the fuel that drives us to answer their call.
A Moment of Health and Wellness Focus: The importance of fruits and vegetables in our diets.....HC #20



Type: Celebrating the Holidays and Looking to the New Year
Title: Life is not measured by the number of breaths you take...
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: Reliving precious moments of holidays gone by while creating new memories that will last a lifetime.

A Moment of Health and Wellness Focus: Lowering your risk of heart disease.....HC #21



Type: Celebrating the Holidays and Looking to the New Year
Title: Life is not measured by the number of breaths you take...
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: May the holidays and the year to come remind you of the beauty and absolute wonder of the gift of life.

A Moment of Health and Wellness Focus: The importance of your family's health history and how to attain the information.....HC #22



Type: Celebrating the Holidays and Looking to the New Year
Title: Life is not measured by the number of breaths you take...
Target: General
Purpose: To Mark the Holiday Season and Wish Happy New Year
Sample of Text: You don't choose your family. They are Gods gift to you, as you are to them' Desmond Tutu

A Moment of Health and Wellness Focus: The importance of your family's health history and how to attain the information.....HC #23



Type: Inspirational Christmas
Title: Christmas began in the heart of God
Target: Inspirational
Purpose: Inspirational message for the Christmas season.
Sample of Text: A heartfelt Merry Christmas to you and all that you hold dear.

A Moment of Health and Wellness Focus: Lowering your risk of heart disease.....HC #24



Type: Inspirational Christmas
Title: Christmas began in the heart of God
Target: Inspirational
Purpose: Inspirational message for the Christmas season.
Sample of Text: For it is the season that we celebrate our Savior's birth.

A Moment of Health and Wellness Focus: Lowering your risk of heart disease.....HC #25



Type: Inspirational Christmas
Title: Christmas began in the heart of God
Target: Inspirational
Purpose: Inspirational message for the Christmas season.
Sample of Text: May laughter, warmth and kindness embrace you and

your family for this blessed season and the New Year to come.
A Moment of Health and Wellness Focus: Lowering your risk of heart disease.....HC #26



Type: Inspirational Christmas
Title: Embracing the Possibilities This Blessed Holiday Season
Target: Inspirational
Purpose: Inspirational message for the Christmas season.
Sample of Text: The wonder of Christ's birth

reminds us that NOTHING is impossible.
A Moment of Health and Wellness Focus: Tips on navigating a healthy holiday season and New Year.....HC #27



Type: Inspirational Christmas
Title: Embracing the Possibilities This Blessed Holiday Season
Target: Inspirational
Purpose: Inspirational message for the Christmas season.
Sample of Text: At this time of year, we are grateful

for the miracle of His birth and celebrate the possibilities of all that is to come.
A Moment of Health and Wellness Focus: Tips on navigating a healthy holiday season and New Year.....HC #28

