

Not Too Late for New Year's Resolutions!

It's already January 11th, but it's not too late to either make New Year's Resolutions or get some help with your existing ones.

Here's a link to a list of the most popular New Year's Resolutions with ideas and resources to help you be successful.

<http://www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml>

A sampling of the Most Popular New Year's Resolutions:

- 1) Eat healthy
- 2) Get fit
- 3) Have a healthy weight
- 4) Manage stress
- 5) Save money

Wishing you a happy, healthy 2012!!