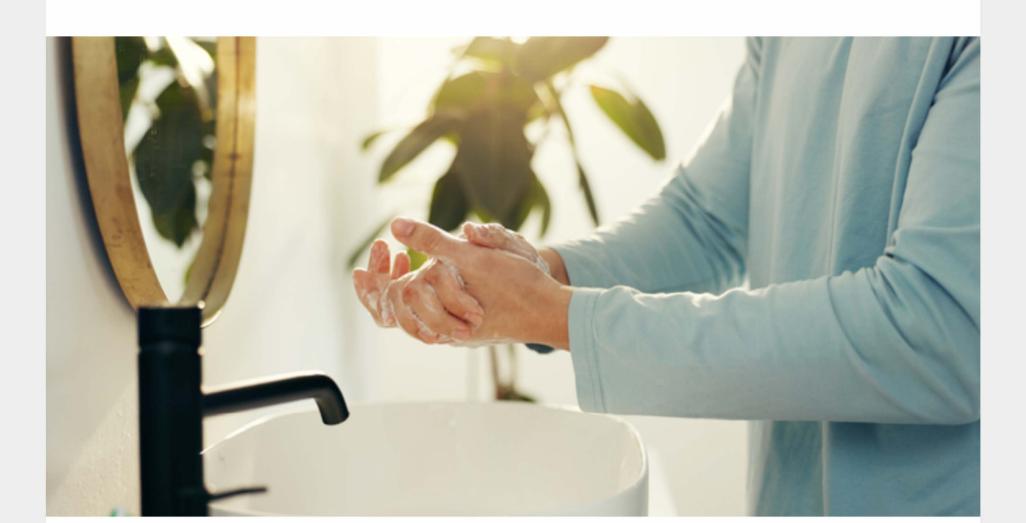
### **The UCD Wellness Connection**

December 2025



# Defend your health: Hygiene habits for cold and flu season

Feeling like cold and flu season is a constant battle? Discover simple, effective habits to keep yourself and those around you healthier.

Get tips →



#### **Caring for your mouth with diabetes**

Diabetes can cause several oral health problems like gum disease, dry mouth, tooth decay and oral infections. Thankfully, there are ways to reduce these risks.

<u>Learn the strategies →</u>



## Give the gift of a healthy mouth this holiday season

This holiday season, spread genuine cheer and promote lasting health with these fun oral care stocking stuffers.

Get ideas →



#### **Holiday Trivia**

What popular holiday drink provides important calcium for your teeth and is often flavored with spices like nutmeg and cinnamon?

<u>Here's a hint  $\rightarrow$ </u>

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