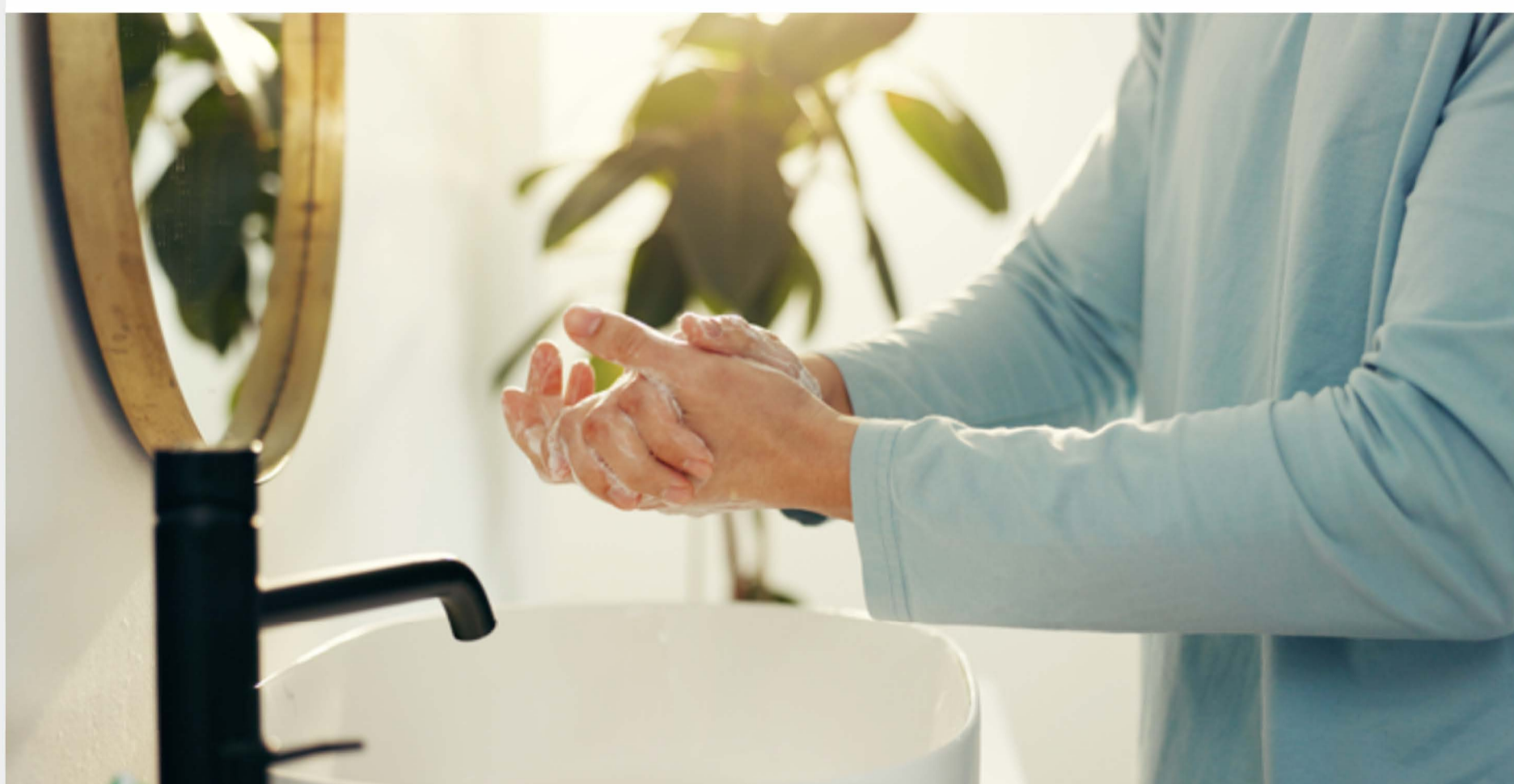


# The UCD Wellness Connection

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.

[Learn the strategies →](#)



### 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?

[Here's a hint →](#)