

# **Slow down to stay sane and safe**

Don't let the enjoyment we all look forward to during holiday gatherings be overshadowed by an accident or worse, an injury. Accidents are more likely to happen when we are in a hurry or our minds aren't focused on the task at hand. There is an unlimited supply of possible mishaps that can occur while driving around town to get errands accomplished, tidying the house in preparation for visitors, or preparing food for guests. Don't succumb to the pressure do more than you have time, money, or support to accomplish. Stay sane and safe.