

December 23, 2010

## **2011 Healthy Habits calendars coming soon to help you live well**

As we approach the New Year, many people make resolutions to live a healthier lifestyle. A special 2011 Healthy Habits Calendar featuring healthy recipes, tips and resources to help you to keep those resolutions and live well in 2011, will be arriving to associates at plant locations and world headquarters via interoffice mail and to sales associates at their homes.

If you have not received your calendar by January 4, 2011 or if you'd like an additional copy, please contact Shared Services, ext. 4192.

### **Learn More**

The [AGBenefits website](#) has details about all of American Greetings health and wellness programs available to associates, including:

- Health Screenings
- Preventative Care Benefits
- Wellness coaching

### **Get Involved**

We want to hear what you're doing to live well. Share your success stories, wellness tips and healthy recipes and tell us what American Greetings can do to help you and your family live well by e-mailing [livewell@amgreetings.com](mailto:livewell@amgreetings.com).

Watch for more details about other wellness programs and incentives in 2011.