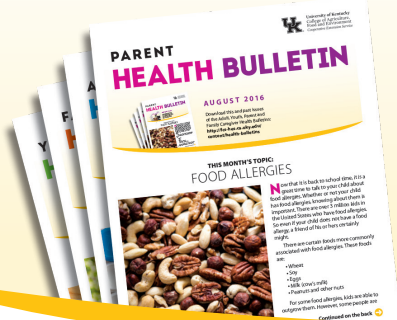




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

PARENT HEALTH BULLETIN



JANUARY 2020

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THIS MONTH'S TOPIC: STAY ACTIVE IN WINTER



Winter is here. That means more outdoor sports like skiing, snowboarding, sledding, and other winter chores like shoveling snow. To enjoy all of these outdoor activities, you should definitely take some safety measures against the cold. By reviewing these winter tips, you can have a great time no matter how much snow accumulates.

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