



December is a month full of holiday fun. A time when lots of eating is done. **Be sure to watch your portion size. After all, you are just finishing a year of being OrganWise!** Each time you make the decision to eat a smaller portion than usual, give yourself a “thumbs up” by circling the picture of Sir Rebrum®. Have a great holiday season!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Hardy has jotted down some helpful phrases for you to use at your holiday parties . . .

“Just a half piece, please.”

“I’ll take a smaller portion, please.”

“Just a little taste, please.”

“I’m full. Would you like to have the rest?”

“Why don’t we share a dish?”

“I’m going to leave the rest; I’m full.”

December