**Holiday eCampaign Holiday Blurbs**

About the campaign:

Welcome to EWSNetwork’s 6-week campaign to bring awareness on different cultures and lifestyle tips for the upcoming holidays, as they are right around the corner. We included lots of different recipes – from appetizers to healthy drinks! In addition, we have information on health maintenance during the holidays, giving of yourself to others, and staying active. As you enjoy this campaign, think of one thing you can put into action this holiday season!

**Week 1: Ramadan, St. Lucia Day, Saint Nicholas Day**

For the first week of our Holiday eCampaign, we will look at St. Lucia Day, Our Lady of Guadalupe Day, and Saint Nicholas Day! We live in such a diverse society, and it is important to be aware of the different cultures that are prevalent today. There are also two recipes you should definitely try!

**Week 2: Hanukkah, Christmas Day**

Welcome to EWSNetwork’s second week of our Holiday eCampaign!

We talked about St. Lucia Day, Our Lady of Guadalupe Day, and Saint Nicholas Day last week, and we are going to talk about Hanukkah and Christmas Day this week. We also included two delicious recipes that you should try this holiday season.

**Week 3: Healthy Holiday Appetizers**

Welcome to EWSNetwork’s third week of our Holiday eCampaign!

Don’t know which appetizers to make for your next house gathering? No worries, we have you covered! We have 3 easy and healthy recipes for you. We also have some healthy ingredients you can swap for unhealthy ones if you ever see any on future recipes.

**Week 4: Healthier Drinks**

Welcome to EWSNetwork’s fourth week of our Holiday eCampaign!

Stay safe for the upcoming holidays by knowing your alcohol limit. We have some things you should keep in mind when you do decide to drink. Not only that, but we also have non-alcoholic drinks that are refreshing and perfect for the holidays.

**Week 5: Giving of Yourself for the Holidays**

Welcome to EWSNetwork’s fifth week of our Holiday eCampaign!

Celebrating the holidays with friends? Or Alone? There are many activities you can do with others or alone – such as volunteering or organizing a toy drive! Give back to your community by lending a helping hand, and you’ll genuinely feel joyful.

**Week 6: Staying Active Over the Holidays**

Welcome to EWSNetwork’s last week of our Holiday eCampaign!

We have ten easy-to-follow tips for you to keep in mind when you’re at your next event. Some people never burn off the extra calories they consume during the holidays, and this results in weight gain. Stay active over the holidays! This may mean additional physical activity on top of your regular workouts to compensate for the extra food we will enjoy.

This week wraps up our 2015 Holiday Campaign. We wish you a wonderful and safe holiday season.