**Email Blurbs Know Your Limits – November**

**Week 1**

Welcome to EWSNetwork’s Know Your Limits ECampaign! Last month we looked at how to control portion sizes and how to choose healthier food options. For the month of November, we will discuss how to find time for yourself and do more of what makes you happy as the holidays are upon us!

This week, we will look at how to manage time for YOU. How do we carve our time when we are so busy?

**Week 2**

Welcome back to EWSNetwork’s Know Your Limits ECampaign. Did you get to chance to manage time for you? How did it go?

The holidays are approaching, which means it is even more important to take care of yourself. Learn how to establish a routine where you can make time every day for yourself, no matter what!