**Holiday EC 2017 Blurbs**

Week 1:

Happy Holidays! Welcome to EWSnetwork’s Holiday eCampaign. The holiday season is here and we’ve got some help so that you can make the most out of this wonderful, hectic, and busy time of year!

Welcome to the first week of our Holiday eCampaign. We thought we’d start with a list of healthy holiday appetizers. Some great ideas that require little or no prep by you. Enjoy!

Week 2:

Welcome to the second week of our Holiday eCampaign.

Let’s talk about staying active during the holidays. It’s easy to use the harsh cold as an excuse to stay at home. But don’t give in! Let’s look at some ways to stay protected from the cold, and enjoy winter activities so that you can really enjoy the coziness of coming back inside!

Week 3:

It’s our third week of our Holiday eCampaign. ME time during the holidays isn’t just something you deserve. It’s something you need. We get it – it can be nearly impossible to have a breather sometimes. However, it’s crucial that you find time for yourself to reenergize and for mental self-care.

Week 4:

Welcome to the fourth week of our Holiday eCampaign. Relax! Enjoy some of these delicious recipes that are yummy enough for family and for friends! We placed a spin on traditional recipes in order to make them healthier and with fewer calories. Let us know what you think!

Week 5:

Time is flying – we are presenting the fifth week of our Holiday eCampaign! Did you try out any of the recipes?

We understand the shock of looking at your credit card bills. Do you ever wonder how exactly you’ve spent that much money? That’s why we have accumulated a list of free gift giving ideas that won’t strain your wallet! Check them out now!

Week 6:

Welcome to the final week of our Holiday eCampaign.

Do you ever feel anxious, stressed, or overwhelmed when you think of the family, friend or work get-togethers? Don’t worry, it’s common to feel this way. We have some tips on how make your gatherings stress-free as possible.

We hope you enjoyed this campaign!