**New Year’s Resolutions Shouldn’t Be Stressful**

**Tip of the Month from Your Health & Wellness Committee**

New Year's Resolutions... Most of us make them, but how many of us succeed at achieving them? One creative way to achieve goals you have for the new year is to manage the stress around them, and think of alternative resolutions that are similar and attainable.

Not motivated to hit the gym? Try a dance class instead. Not sure of your 2016 goals? Attend a purpose workshop. Want to learn a new skill? Take a class.

The Chamber of Commerce has some great people and businesses you can partner with to make 2016 your best year yet! Check our website for experts on Health and Fitness, Health and Wellness, Education, and Personal Services. Whatever you’re looking to do, learn, or change…there is a partner for you in the Chamber of Commerce.

Visit our Health & Wellness page for upcoming seminars: <http://chamber.visitredondo.com/health--wellness-events.html> or find members who offer what you’re looking for in our on-line Chamber Directory.