

# By Your Side

November 2022



## Healthy Eating Tips for Your Next Holiday Party

It's fine to splurge a little at seasonal festivities, but many of us tend to overindulge from Thanksgiving to New Year's Day. Some mindful eating tips can help ward off unwanted weight gain — and improve our overall health and wellness.

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### New Thoracic Surgery Team

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## Our Northern New Jersey doctors are ready to see you!

From annual checkups to monitoring chronic diseases, our teams in Montclair and Clifton are available for all your primary and specialty care needs.

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## Be Wise and Well

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