

Kickstart the New Year with “Think Liver Think Life”

As we enter 2025 ready for a fresh start, many of us will do so with a list of new year’s resolutions. [The American Liver Foundation’s](#) “Think Liver Think Life” campaign creates an opportunity to set positive intentions for good liver health and to focus on supporting our overall wellbeing.

The liver is the only organ in the body with the ability to regenerate. When you look after your liver, it has the incredible ability to replace damaged tissue with new cells.

Our liver plays a vital role in keeping us healthy. Small [lifestyle changes](#) can significantly improve our liver health and keep it functioning as normal. Some of these lifestyle changes include:

Staying Hydrated: Drinking an adequate amount of water daily helps to flush toxins out of your system and promote optimal liver function.

Dry January Challenge

Our nonprofit partner, [Shatterproof](#) is a national nonprofit working to reverse the addiction crisis in the United States. As part of that work, Shatterproof works to end addiction stigma. This January, they’re addressing sobriety stigma as well. We welcome you to join their Dry January challenge to kick off the new year with a month of healthy habit ideas and helpful information. You’ll receive weekly tips and suggestions, a customizable calendar, free Barry’s class, and more!

Click [here](#) to join the challenge.

Click [here](#) for alcohol and substance abuse resources.

Healthy Diet and Exercise: Aim for a balanced, nutrient-rich diet limiting processed foods and saturated fats. A healthy diet in combination with regular exercise can help to reduce the risk of fatty liver disease.

Manage Stress: Chronic stress can negatively impact your liver health. Stress-reducing techniques such as meditation or deep breathing exercises can help. [Headspace](#) is available free of charge to all partners and employees at Goodwin.

Reduce Alcohol Consumption: Alcohol is the most frequently misused drug through the entire world. In the US, [Alcoholic Liver Disease](#) is the leading type of liver disease. It involves 61% of the American population with 10-12% of them being heavy drinkers.

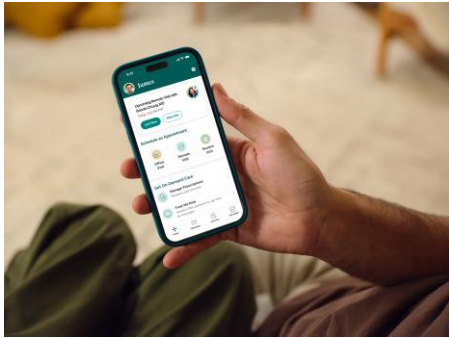
Regular Health Check-Ups: Regular health check-ups help to monitor and address any potential liver-related issues early. Talk to your doctor during your routine physical about the liver function test.

Set Your 2025 Intentions

Destress and breakdown clear, realistic intentions that are meaningful to you this year with a Behavioral Health Consultant:

- Andrew – available every Tuesday
- Leslie – available every Wednesday
- Tess & Stephanie – Jan 16th
- Shirley – Jan 17th
- Leighna – Jan 29th

Schedule your consultation [here](#).



One Medical

Establish a baseline for your health and wellness goals this year by booking an “Annual Wellness Visit”. All partners and employees have access to a free One Medical membership that gives you 24/7 access to exceptional medical care including primary care services, preventative screenings, behavioral health needs, and more. We believe your health and time matter – with fast access to appointments in locations nationwide, One Medical will be there for you whenever you need them.

Click [here](#) for more information on how to get started.



Upcoming Events

Explore topics this month through webinars, meditations, workshops hosted by our vendors. Topics include:

- Headspace: Healthy Habits for Mind and Body
- Wellthy: Signs Your Aging Loved One Needs More Support
- Fidelity: Financial Wellness Month
- Cleo: Setting Goals for Your Wellbeing
- and more!

Click [here](#) to see all events.

The Wellness Brief



“Discover a routine that you genuinely enjoy, whether it involves exercise, nutrition, meditation, or simply relaxing. This will make your wellness journey more effective, enjoyable, and help create a balanced lifestyle.”

Michelle Lydon, Sr. Manager, Practice Management

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

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| YOU@GOODWIN | Benefits Event Calendar |
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