

LIVING WELL

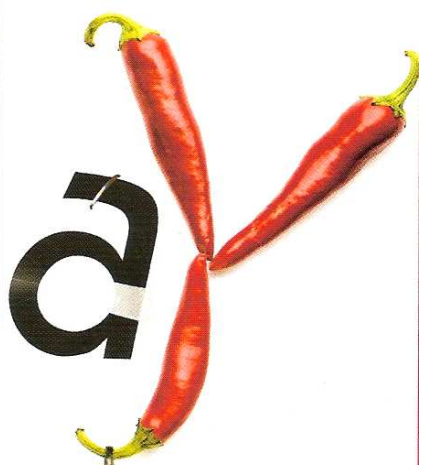
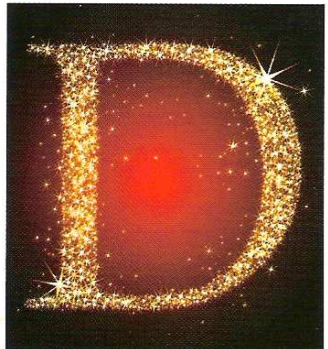
DECEMBER

MAGAZINE™
FREE

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HEALTH

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Christmas Tree Recycling

Special feature):
FAIRTRADE COFFEES

Holiday shopping
GIFTS THAT GIVE

New Mammography
Guidelines

**WHAT DOES IT
MEAN TO YOU?**



HEALTH + HOME + FOOD + WEALTH + STYLE =

recycle: share this magazine

GIFTS THAT GIVE



Visit www.uggaustralia.com starting December 1, place your bid on your favorite pair of UGG Boots and help St. Jude Children's Research Hospital in the fight against childhood cancer.



Believers of all ages are invited to drop off letters – stamped and addressed to Santa At The North Pole – at any Macy's store in the Santa Mail letterbox. For each letter received, Macy's will donate \$1 to the Make-A-Wish Foundation, up to \$1 million, to grant the wishes of children with life-threatening medical conditions. "The Make-A-Wish Foundation is proud to join with Macy's to make wishes come true through the Believe campaign," said

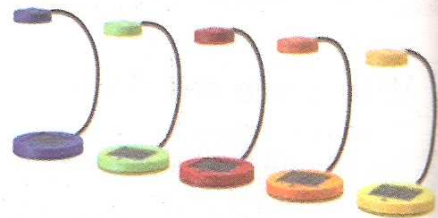
David Williams, President and CEO of the Make-A-Wish Foundation. "It inspires people to embrace the generosity of the season and think hopefully about the future. Believe ties in perfectly with our mission to grant the heartfelt wishes of children with life-threatening medical conditions, and we appreciate the support of Macy's and everyone who takes part in the campaign."



The Believe campaign is rooted in a letter to editor written by 8-year-old Virginia O'Hanlon in 1897 asking if there is a Santa Claus. The New York Sun newsman Francis P. Church responded with a poignantly worded essay on the importance of believing, including the famous line "Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist..."

IKEA

For every IKEA soft toy you buy NOW through December 24th, IKEA will donate a \$1 to UNICEF and Save the Children to support children around the world. They have a great selection of soft toys ranging from stocking stuffers starting at \$4.99 to large soft toys for kids to cuddle with at night!



For each **SUNNAN solar cell powered lamp** you buy, we'll donate one to UNICEF. These environmentally friendly lamps will go to children in developing countries, so they can read, write and study after sunset, even if their homes have no electricity. The lamps come with two rechargeable AA 1.2V batteries for solar cell driven products, so all you have to do is give it sun. No plug in required. No cost on your electric bill. No CO2 emissions.



Phenominoes® Art of Possibility Studios Collection Pendants —featuring vibrant artwork on the backs of real dominoes. Choose from 27 fine art designs that each come on a color-coordinated ribbon necklace. All feature artwork by two award-winning blind painters striving to earn a living through their craft.

www.aopstudios.com

Equal Exchange Organic Fairly-Traded Gourmet Chocolate Bars —are a rich and delicious treat that supports small-scale farmers and their families. The bars combine famous Swiss standards in chocolate making with cocoa from the farmer co-operatives CONACADO, in the Dominican Republic, COCABO, in Panama, and CACVRA, in Peru; fairly traded organic sugar from co-operatives in Paraguay and Costa Rica; and fairly traded vanilla from Madagascar.

www.equalexchange.coop/chocolate-bars

