

# In the Autumn FRESH TRADITIONS Issue:

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# Letter from the Publisher



## The Homemade Health theme for 2024 is ... FRESH!

New - Invigorating - Bright - Energized - Glowing - Shiny - Magnetic

Autumn brings **Fresh Traditions** evoking so many nostalgic feelings and memories;

- bittersweet mix of joy for the new season and sadness for waning warm days
- cozy warmth and comfort of sweaters, blankets, and firesides
- energizing crisp air
- excited anticipation for seasonal activities like leaf peeping, apple picking, and hayrides
- serene calmness of nature's slower pace and the beauty of falling leaves
- strengthened relationship bonds through shared meals, traditions, and festivities
- whimsical magic of Halloween
- jumping into leaf piles or carving pumpkins

The Homemade Health Coach Team is extending a warm welcome for you to explore this autumn's **Fresh Traditions**. We're sharing valuable, curated, and actionable resources in the following pages so you will experience vibrant longevity through our unique collective approach.

We'll travel each season together - it promises to be an amazing journey.

Spring 2024 - Fresh Starts (Released March 2024)  
Summer 2024 - Fresh Adventures (Released June 2024)  
Fall 2024 - Fresh Traditions  
Winter 2024 - Fresh Insights

*Kris Francefort*

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