

A decorative border at the top of the page featuring green pine branches, brown pinecones, and red berries.

# The **Unum** Advent energiser

Christmas can sometimes be a time for over indulgence as we eat, drink and be merry. But let's face it, it can also be a touch stressful and a strain on the wallet. We're here to help you this festive period with our advent wellbeing calendar.

**Open one tip each day to keep you healthy, wealthy and wise!**



**Merry Christmas**  
from us all at Unum!