



# TREIG E. PRONSCHINSKE

STATE REPRESENTATIVE • 92<sup>nd</sup> ASSEMBLY DISTRICT

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## Roaring into the 20's!

As 2019 comes to a close and we move into the new decade, I want to wish you all a Happy New Year! I am sure that those of us who hosted their holiday celebrations are finishing cleaning up and enjoying their new gifts, while others may be traveling, and many more of us are continuing to enjoy our leftovers.

For those of us that will be participating in a New Year's Resolution, I hope that you are able to stick to that resolution and are successful in accomplishing your goal. Some of the most popular New Year's Resolutions include getting in shape, eating healthier, volunteering in the local community, reducing stress, starting up a new hobby or even simply spending more time with our loved ones.

Often times we forget about our own mental health when we are caught up in all the commotion of life such as the preparing for the holiday season, our children being heavily involved in sports and other activities, or even caring for our loved ones. Now is a perfect time to look in the mirror and reflect on our lives and make sure that our mental and physical health are where they should be.

As a new decade approaches, I am excited to see what new technology, good fortune and friends enter our lives. While the weather may be getting colder, soon spring will be upon us and many of us will be able to get outside again and spend time at our local hang outs.

I challenge each and every one of you to reach out to a neighbor or friend and invite them to have dinner or just go for a walk together. This is sometimes extremely touching to our older community members.

If you are truly stuck on what your resolution should be, there are many online generators such as: <https://www.simple.com/resolution-maker>

As always, feel free to contact my office with questions, comments, or concerns.

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