

Whitmore Arms Apartments

September

Newsletter

2023



WE WILL BE
CLOSED
ON
LABOR DAY

Our offices will be closed on Monday 09/04/23

Essential Flu Season Tips

Exercise daily



30-45
minutes

Getting 30-45 minutes of mild to moderate exercise helps BOOST your immune system.

Eat healthy foods



Eat lean, organic animal protein or plant based (nuts or seeds) protein with each meal + colorful fruits and veggies high in Vitamins C & A.

Drink plenty of fluids



Stay hydrated by drinking water, warmer drinks, such as herbal tea or soups & broths.

Get a good night's rest



7-8
hours

To to bed earlier and try to get 7-8 hours of sleep so your body can restore & heal itself.

Avoid Sugar!



This includes sweet treats, white flour and refined grain products.

Increase your intake of garlic...



onions, ginger, and spices (such as turmeric and oregano), by adding them to your meals.

Click here for more "Flu Season Tips Doctors Don't Tell You":
<http://www.edrugsearch.com/edsblog/flu-season-tips/>

Brought to you by:

Tips for Surviving Flu Season



Wash your hands



Get a flu shot



**Try to avoid
touching your face**



Try to avoid sick people



Try to get enough sleep



Stay hydrated



Get enough vitamin



Open a window



positive
healthwellness

<https://www.litday.com/fitness-articles/fitness/tips-for-surviving-flu-season.html>

Whitmore Arms Apartments Maintenance Requests

Please complete a service work order request online or call (844) 530-0442!!



Call the police and inform management!!!



Who Needs Renters Insurance?

Anyone who rents an apartment, condo, townhome, or other type of dwelling should seriously consider getting renters insurance. Renters insurance covers a tenant's personal property if it's damaged or destroyed during a break-in, a storm, or another event specified in the policy. In addition, renters insurance provides coverage for personal liability and medical bills if you have a guest over and they're injured. Finally, if there's a fire or other catastrophic event that forces you to move out of your unit, renters insurance will cover your extra living expenses, such as hotel bills and meals out.

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