



## LEA EncourAGEnet Bulletin

... for participants in Lutheran Education Association's  
Retired Lutheran Educators Network

**December 20, 2018**

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### [6 Ways to Stay Physically Active in Winter](#)

(Kathleen Zuke in the *NCOA Blog*)... Maybe baby it's cold outside, but don't put a freeze on exercise. Or maybe move to a warmer clime instead.

### [Gotta Serve Somebody—Especially at the Holidays](#)

(Christine Crosby in *GRAND* magazine)... Don't let loneliness ground you.

[Yule love this page](#) of *Rich and Charlie Resources*. Jump for joy—and the exercise.

[Where Americans Find Meaning in Life](#) (*Pew Research Center*) tells a story not entirely bleak. (Thanks to Tom Couser for this lead.)

[Retired LEA devotion...](#) Since this publication is especially for retired educators, perhaps you would enjoy access to a retired LEA devotion. See "Gift Returns" from 2007.

[Early bird discount deadline](#) for the Feb 17–19, 2019 LEA National Administrators Conference is January 18. The early bird gets a better deal than a worm!

**EncourAGEnet** will be on Christmas break. Watch for the next issue on January 10. Merry Christmas and a blessed 2019.

LEA does not endorse articles cited in Tips of the Week; links are provided to connect members with information they might find useful.

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