

COMMUNITY NEWS

FEBRUARY 2017

Creekside Villas

220 47th Street #C | San Diego | CA 92102 | 619-263-2686 | CreeksideVillasIsYourHome.com

PROTECTING YOURSELF FROM COLDS AND



FLU

To stay healthy this season and prevent the spread of these diseases, take some basic precautions. Get regular physical activity, eat healthy food, and get plenty of sleep to boost your immune system. Avoid stress as it can

weaken your immune system. Stay home if you feel ill and cover your nose or mouth when coughing or sneezing. Avoid contact between your hand and your face or eyes. And most important of all, wash your hands frequently with warm water and soap.

MEET THE STAFF

Propert Mgr.- Ofelia P.
Leasing - Paulina L.
Maint. Team Leader - Jaime C.
Maint. Tech. - Jose C.
Groundskeeper - Rafael G.

QUOTE

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."
—Albert Einstein

MONEY BAD HABITS YOU CAN BREAK

Refusing to use a budget: Keeping track of all your expenses can show you where your money is going and where you can cut back.

Using credit cards to get the perks: It doesn't make sense to get the miles or save a little more on your purchases if you are racking up the interest charges. Only use your credit card if you can pay it off each month.

Not having an emergency fund: That rainy day will come. Even putting a little bit aside can keep you from reaching for a high-interest credit card when you have an unexpected emergency.

HAVE YOU LAUGHED TODAY?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

KEEP YOUR NEW YEAR'S RESOLUTION

New Year's is approaching, have you planned a new year's resolution? Here's a tip: plan it out and reward yourself. Making an outline and having small rewards can create a successful resolution! We are cheering for you!

Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

