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**prevention poll**

Christmas is two months away, but the stores are already selling holiday merchandise. You feel:

- Joyful! 'Tis the season for lights and music.
- What? I haven't even gotten through Thanksgiving yet!
- Yikes! Time to start my holiday shopping.
- Bah humbug. Let's get the holidays over with.
- Blue. It's no fun feeling sad while others are making merry.

**prevention newsletters**

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- Walk Off Weight
- Eat Up, Slim Down: Recipes and Cooking Tips

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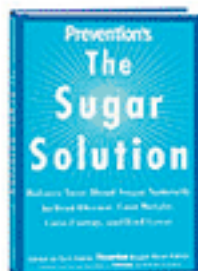
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Joan Borysenko,  
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