



Risk Management Principles, Advice & Recipes

Walk Like a Duck – Carefully Navigating Ice and Snow

Winter is here and with it comes snow, ice and extreme temperatures! A great strategy to stay on your feet when there are slick conditions is to Walk Like a Duck! Consider the following:

- Slow down and take short steps
- Walk flat-footed and point your toes slightly outward
- To assure good balance, use your hands as wings and keep them by your side and not in pockets
- Wear good slip resistant shoes and dress warmly!



White Hot Chocolate Chocolate

Bring to a parboil,

- 2 Cups Milk
- ½ Cup White Chocolate Chips
- ½ Teaspoon Vanilla
- Consider adding peppermint or coconut extract to taste

Don't forget the marshmallows and a nice warm fire to read a good book in front of!



Strategic Healthcare Risk Advisors

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