



MEMBER UPDATE

ReFresh

December 15, 2021



The Last ReFresh of the year....

Let it Go!

You made it – we are only a few days away from winter break! Now, it is time to relax and get into the holiday spirit!

Please enjoy a little musical gift from the BCPVPA team to you, our twist on a classic holiday ballad:

Let it Go!

Thank you very much to our Director of Member Health and Well-Being, Rochelle Morandini, for putting this together and to her son who lent his voice for this rendition of Let it Snow.

Have a ReFreshing Winter Break and be well.

If you would like to contribute, or have ideas about what you would like to see in the [ReFresh](#) series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.