

NEW YEAR, NEW EVERYTHING

16 SIMPLE WAYS TO START ANEW IN 2016

By James Clark and Pamela Jacobs

IT'S FAR TOO EASY TO GET INTO A ROUTINE, ESPECIALLY IN THE WINTER. BUT RATHER THAN MAKE DOZENS OF GRAND RESOLUTIONS THAT ARE TOO EASY TO BE OVERWHELMED BY, START WITH THE SIMPLE THINGS. EAT SOMEWHERE DIFFERENT, OR TRY A NEW CLASS. HERE ARE 16 SIMPLE WAYS TO EXPAND YOUR HORIZONS THIS YEAR, BOTH IN NYC AND IN SOUTH FLORIDA.