Living in Balance
Fall in love with taking care of yourself

Wellness App:
Stop, Breathe, and Think

A mindfulness and meditation app with tailored and guided meditations, as well as a tracker for mood and meditation progress.

Instant Stress Relief Tip:

Once a week for 20 minutes, sit in a hot bath that contains a handful of Epsom salts, 10 drops of lavender essential oil, and half a cup of baking soda.

The combo draws out toxins and lowers stress related hormones.

August Observances

August 1
National Girlfriends Day
(Empower each other to be healthy and safe)

August 1-7
National Breastfeeding Week

National Immunization
Awareness Month

National Breastfeeding
Awareness Month

A Healthy Indulgence
Coconut Chia Mango Popsicles

1 can Coconut Milk
2 tbsp. Chia Seeds
1 Tbsp Honey
1 tsp. Vanilla
2 Mangoes (Peeled, remove seeds)

1. Whisk coconut milk, chia, honey, and vanilla. Place in refrigerator for 30+ minutes
2. Add mango to food processor and pulse several times
3. Fill popsicle molds by alternating mango and coconut mixture.
4. Freeze for at least 2 hours

Drop and give me Zen

Viparita Karani

Sit facing a wall, bottom about 6" from it. Lie back and extend legs up the wall. Scoot towards or away from the wall until hamstrings feel a stretch. Let arms rest at sides, palms up. At this point, focus on your breath-- it should be a deep, slow inhale through the nose and a deep, slow exhale out the mouth. Try to stay in the pose for at least 5 minutes for optimal benefits.