

Living in Balance

Fall in love with taking care of yourself

Wellness App:

WellnessFX



Create and keep track of your results. Take control of your health with WellnessFX by adding new goals to help develop and maintain healthy habits

Instant Stress Relief Tip:

Breathing to Calm Anxiety

4 Second inhale
7 Second hold
8 Second Exhale

September Observances

Breast Cancer Awareness Month

Domestic Violence Awareness Month

Dental Hygiene Month

Health Literacy Month

October 1-7
Mental Illness Awareness Week

Snack Hack

S'more Popcorn Mix

12 c. Popped Popcorn
4 Graham Crackers, broken up
1-2 Chocolate Bars, broken up
1 c. Mini Marshmallows
1/3 c. Peanut Butter Chips
1/3 c. Sunflower Seeds
1/4 c. M&M's

Combine all ingredients in a large mixing bowl.

Enjoy!

Drop
and
give me
Zen

*Vrksasana
(Tree Pose)*

Draw shoulder blades toward each other for an open chest
Hands clasped above head
Place foot on inner thigh or side calf
Press evenly into all 4 corners of standing foot
Activate core, try not to lean back
shoulders away from ears