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
Vrikshasana (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