

COMMUNITY WELLNESS NEWSLETTER

From Healthy YOUba



Activity Calendar

Check out September's Mind and Body Calendar for quick and easy activities to enrich mind and body. Plank contest, Grandparents Day, Tree Pose and much more!

Tasty Recipe Corner

Learn to make a healthy French Vegetable Omelet with this [video](#)!

Try this yogurt based Chicken Fruit Salad for a quick lunch!

Sneaky Sugars

Discover the hidden names of Added Sugars. Then you can identify those sugars when looking at food package labels. Don't forget about naturally occurring sugars in fruit and dairy.



Kids Eating Habits

What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones! For a list of phrases, click [here](#).

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