

Wellness at Outreach, Home-Based School, & Distance Learning

March is National Nutrition Month



Spring Break Activities

Leduc Public Library

- Spring Break Camps (gr 3 - 6)
- Mar 11 (PD Day) Spiderman and Pizza Day

Leduc Rec Complex - Drop in

Beaumont Library Activities

Beaumont Youth Activities

Devon Youth Activities

Active Living

A few seconds of exercise right before learning, gets blood moving into our brains and enhances our ability to learn. Before your next test - try one!

Activity Ideas:

- Just Jump (20 sec, pretend on a mini trampoline)
- 10 jumping jacks
- [30 second workouts](#)
- [Fitness Free Exercise](#) (do a different one each day)

Recipe Collections:

- [A month of freezer meals](#)
- [Different types of freezer meals](#)

This month: We are looking for **Family Heritage Recipes**

Submit your recipe [here!](#)

Healthy Living

March 2022 Theme - [Celebrate a World of Flavors](#)

Ingredients for a Healthier Tomorrow

- Activity and Ideas Guide
- Recipe e-book

What you eat. Unique, like you.

Articles include:

- What's the deal with dairy?
- Protein for your fitness and health
- Healthy ways to satisfy your sweet tooth
- Cooking with kids: a delicious way to have fun!
- And more



Follow this [link](#) for a larger version of the calendar!

Nutrition Month MARCH 2022

Access online calendar at: <http://bit.ly/nutritionmonth2022>

Sharing Sunday	Meatless Monday	Try it Tuesday	Wellness Wednesday	30 Min or Less Thursday	Fun Fact Friday	Swap It Saturday						
1. Share a recipe with family or by using #NutritionMonthYC	1. Skip takeout pizza and try this fast and healthy recipe at home.	2. Do not disturb: Turn off your phone, and truly unplug today.	3. Take 30 min to prep healthy recipes for meals to come.	4. Can we get enough vitamin D from the sun in Canada? Find out here .	5. Swap to healthier choices when eating out using these tips .	6. Host a cook-off and ask guests to bring a traditional family meal. Share recipes using #NutritionMonthYC on social media.	7. Not sure how to cook without meat? Check out vegetarian and make a meatless meal this week.	8. Want to eat more vegetables? Try eating them with creamy sauce and high fibre dip to add flavour, fibre and protein.	9. Eating with others can build great social connections.	10. Kids in the kitchen: enjoy these recipes and increase quality in less than 30 mins!	11. Calcium is important to have strong and healthy bones. People over 30 can find out if they're getting enough calcium with this calculator.	12. Be kind to your heart and swap out deep-fried foods for oven baked alternatives. Start with these recipes . Swap It with oven fried!
13. Let's celebrate Nutrition Month by cooking one of these quick recipes . Share your meal with family or by using #NutritionMonthYC	14. Check out this meatless recipe for chicken . This is a cheap and flavourful meal.	15. No need to pack a suitcase! Try something new with these healthy recipes from around the world .	16. Happy Dietitians Day! Watch these videos and learn more about what a dietitian does.	17. Let's celebrate St. Patrick's Day with these healthy and dietitian approved drinks and recipes .	18. Are tomatoes a vegetable or fruit? Let's get this straight once and for all here .	19. Looking for new ways to enjoy water? Watch this video and learn how to swap sweet drinks for fruit flavoured water .						
20. Share your favourite healthy recipe with friends. You can use #NutritionMonthYC and challenge them to do the same.	21. Become a bean-believer with these 20 tips on how to eat more beans !	22. Healthy fats are good for your brain. Try this healthy dinner recipe that's full of them .	23. Wake up 10 min earlier and enjoy a stress-free breakfast at home today.	24. No time to cook breakfast? Prep quick recipes overnight and skip cooking tomorrow morning.	25. Did you know it takes 20 minutes for the stomach to tell your brain you're full and satisfied ? Slow down and enjoy your meals.	26. Keep the healthy swaps coming with these tips !						
27. Cooking with kids is a great way to pass on family recipes and food skills. Share your favourite food memory with friends or use #NutritionMonthYC.	28. Sweet chili sauce etc. is a yummy way to give tahu a try.	29. Looking for ways to cook with less salt? Try these ideas on how to reduce salt intake .	30. Changing eating habits is not always easy. Learn how to change them .	31. We would love to hear your feedback! Please complete this survey .	Developed by Calgary Zone Public Health Dietitians Alberta Health Services							



What to look for next month:
Autism Awareness Month
Focus Neurodiversity and Executive Functioning

Joke of the Month:
Q: Which crime fighter likes March the most?
A: Robin
[Submit your favourite joke](#) for next month!

Mental Wellness

Leduc Clinic
 Wednesdays ONLY from 12:30-4:00pm (last session 3:00pm)
 Centre Hope Building (2nd Floor)
 4906 49 Avenue, Leduc, AB T9E 6W6
 780-986-2660

Rutherford Clinic
 Monday-Friday from 12:30-4:00pm
 Suite 202, 11153 Eilerslie Road Edmonton, AB T6W 0E9
 780-342-6850
Call ahead to find our current wait time!

Mental Wellness

AHS - Caregiver Education Sessions
 (all virtual, just require registration)
Test Anxiety Monday, March 14, 6 - 7:30
More than Just a Bad Day: Understanding Depression and Self-Injury (adults only)
 Wednesday, March 16, 6:00 - 7:30
Mindfulness - Benefits for the Whole Family
 Monday, March 21, 6 - 7:30
AHS - Lunch and Learn (adults)
Parenting Teens in the 21st Century: Respectful Limit setting with Adolescents
Part 1 Tues Mar 15, 12:00 - 1:00
Part 2 Tues Mar 22,, 12:00 - 1:00

Home-Based/Outreach:
 Mrs. Khristi Elford
khristi.elford@blackgold.ca
 780-929-5468

Distance Learning:
 Mrs. Trish Hyrtsak
trish.hrytsak@gshare.blackgold.ca
 780-986-2248 x 220

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



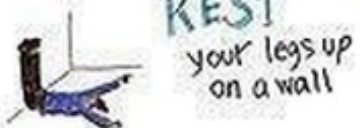
Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite



Watch the stars



Write a Letter

Learn something NEW



Listen to a guided relaxation



Read a Book



50 Ways to Take a Break

sit in NATURE



2x Move twice as slowly

Take Deep Belly Breaths



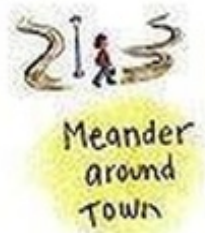
MEDITATE



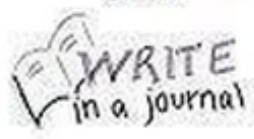
Call a Friend



Meander around Town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing Scent



Walk Outside



Go for a run



Take a bike ride



Create your own coffee break



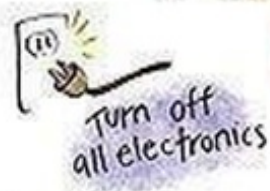
View some ART



Eat a meal in SILENCE



Turn off all electronics



Take a bike ride



Pet a furry creature



?????



read or watch something FUNNY



Examine an everyday object with Fresh Eyes



Drive somewhere NEW



Go to a park



Go to a Farmer's Market



Forgive Someone



Engage in small acts of KINDNESS



COLOR with Crayons



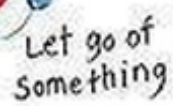
Make some MUSIC



Climb a Tree



Let go of something



Do some gentle stretches



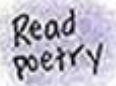
Print on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE



Give Thanks





Gowns & Suits for Grads

The Sherwood Park Elks continue to support local graduates by offering free suits and gowns!

No referral required.

Donations accepted on shopping days!

Location: #123 2016 Sherwood Drive
(Entrance at CanTeen Doors)

Time: 10 am - 3 pm

Jan 15/16 and 29/30

Feb 12/13 and 26/27

Mar 12/13 and 26/27

Apr 9/10 and 23/24

May 14/15

Provincial Guidelines for Covid 19 will be followed.
People are asked to wear a mask and social distance.