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National Pain Awareness Month

			1	2	3 Fly a kite!	4
5	6	7 Fact: Vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed many infants, children and adults.	8	9	10	11 Family Time: Discuss some goals you have for the new school year!
12	13 Walk the dog	14	15	16	17	18
19 Fact: Stretching after exercising can help to reduce muscle cramps and pain from exercising. It also increases flexibility.	20	21	22	23 Family Time: Make sure to go over bus safety and classroom rules and expectations. Come up with an after school schedule for homework and free time.	24	25 Have a water balloon fight!
26	27	28	29	30	31	

National Immunization Awareness Month

Fitness Tip

Exercise can help reduce stress and lower the risks of certain diseases and cancers. It is safe to say that exercise can benefit us in many ways. Our body still needs outside help sometimes. That is why it is important to make sure you have all your proper immunizations and that they are up to date.

Fresh Fruit Tarts:

Fresh Fruit Tarts

1/2 cup nonfat or low-fat sour cream

2 tablespoons confectioner's sugar

1 teaspoon fresh or dry chopped mint

4 oz. package of single-serve graham cracker crusts (6 small crusts)

1 cup assorted cut-up fresh fruit

1/3 cup nonfat or low-fat lemon yogurt

In a small bowl, stir sour cream, sugar, and mint. Spoon mixture into graham cracker crusts. Arrange fruit over sour cream mixture. Drizzle yogurt over fruit before serving.