

# Healthy Happenings

September 2021

 [@AgriLifeExtensionHidalgoFCH](https://www.facebook.com/AgriLifeExtensionHidalgoFCH)

 [@agrilifeextensionhidalgofch](https://www.instagram.com/agrilifeextensionhidalgofch)



## FAMILY & COMMUNITY HEALTH

Welcome to the September issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.



## NATIONAL CHOLESTEROL EDUCATION MONTH

Did you know that September is National Cholesterol Education Month? High cholesterol can be a major risk factor for heart disease, which is the leading cause of death in the US. See page 2 to "Know Your Risk Factors" for cholesterol or speak with your family physician to discuss your risk.



## STRESS LESS WITH MINDFULNESS

Follow us on Facebook and Instagram for more information regarding our upcoming **Stress Less with Mindfulness** class in October! Learn basic mindfulness techniques and how to identify and cope with personal stressors. Find more registration information by [clicking here today!](#)

## GREEK MEATBALLS

*by Dinner Tonight Healthy Cooking School*

We are in a Mediterranean mood this fall! Leading into our Dinner Tonight Virtual Healthy Cooking School in October with a "Trip to the Mediterranean", we are bringing you these tasty Greek Meatballs! These meatballs are great for any meal or occasion, but my favorite reason to make these is for leftovers! Meatballs are a great protein option to make ahead and pack for lunch. I love to serve these little guys with fresh tzatziki!

Click below for the Recipe:  
[Greek Meatballs](#)



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION



# National Cholesterol Education Month

KNOW YOUR RISK FACTORS

## Risk Factors for High Blood Cholesterol

Include:

- Overweight or obesity
- Diabetes
- Older age
- A family history of heart disease or high blood cholesterol
- Previous history of high cholesterol

Contact your primary care physician if you have any questions or concerns regarding your health.



# Stress Less with Mindfulness



Registration opens September 20, 2021

Learn about the benefits of mindfulness-based approaches to stress reduction

Understand how to recognize your personal stressors

Experience mindful movement, mindful breathing and other mindfulness skills as ways to relax and manage stress

Monday, October 4, 2021 to Friday, October 8, 2021 at 5:30 p.m.

Online class link will be emailed prior to Class 1 on October 4, 2021

Register for free at:

<https://hidalgo.agrilife.org/stress-less-with-mindfulness/>



SAVE THE DATE



DINNER TONIGHT  
HEALTHY COOKING SCHOOL

# Trip to the Mediterranean

OCTOBER 18-22, 2021



VIRTUAL!



## Upcoming Programs & Events

September 6, 2021: Extension office closed in observance of Labor Day

Coming in October: Stress Less with Mindfulness and Dinner Tonight Virtual Healthy Cooking School

Coming in November: Cooking Well with Diabetes

Mental Health First Aid Certification (Also available for groups on request)

# Follow us on



@agrilifeextensionhidalgofch



@agrilifeextensionhidalgofch



Andrea Valdez, M.P.H.  
County Extension Agent-  
Family & Community Health  
Texas A&M AgriLife  
Extension Service-Hidalgo  
County

Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. If you have any questions or would like more information on our programs please contact me at 956-383-1026 or [andrea.valdez@ag.tamu.edu](mailto:andrea.valdez@ag.tamu.edu).