

# Healthy Happenings

October 2021

 @AgrilifeExtensionHidalgoFCH

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## FAMILY & COMMUNITY HEALTH

Welcome to the October 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 EMOTIONAL WELLNESS AWARENESS MONTH

Did you know that October is Emotional Awareness Month? We encourage everyone to make some time this month and check in with yourself and others on how they are really feeling. Remember, our emotions come and go like clouds in the sky so we stay mindful and watch them pass us by!



## 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 STYLE TUNA SALAD

*by Dinner Tonight Healthy Cooking School*

We are all about Greek flavors this month during our Dinner Tonight Virtual Healthy Cooking School! So are you looking for a way to mix up your everyday tuna salad? Our Greek-style Tuna Salad is a delicious and refreshing recipe that is great for these warm fall days or a perfect make-ahead meal for your lunches!

Click below for the Recipe:  
[Greek Style Tuna Salad](#)



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







DINNER TONIGHT  
HEALTHY COOKING SCHOOL

JOIN TODAY

# Trip to the Mediterranean

OCTOBER 18-22, 2021

TEXAS A&M  
AGRI LIFE  
EXTENSION  
Hidalgo County

VIRTUAL!



## Stress Less with Mindfulness

TEXAS A&M  
AGRI LIFE  
EXTENSION

Registration open until October 5!



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/>



## INCREASING YOUR HEALTH LITERACY: EASY TIPS

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- Call your County Extension Office. Sign up for classes on health to learn more.
- To learn about health-related topics, Use websites that end in ".edu" or ".gov".
- Take someone to appointments with you to ask questions and take notes.

## Upcoming Programs & Events

Coming up:  
October 4-8 : Stress Less with Mindfulness

October 18-22: Dinner Tonight Virtual Healthy Cooking School via Facebook group

Coming in November: Cooking Well with Diabetes  
Mental Health First Aid Certification (Also available for groups on request)

## Follow us on



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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).