

Healthy Happenings

April 2022

 @AgrilifeExtensionHidalgoFCH

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FAMILY & COMMUNITY HEALTH

Welcome to the April 2022 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.



APRIL IS NATIONAL STRESS AWARENESS MONTH

We all get stressed in these busy times, and in April we would like to bring awareness to National Stress Awareness Month and share some helpful tips for you to cope with your stresses.



NATIONAL VOLUNTEER WEEK APRIL 17-23

We have many different types of Extension volunteers and we love and appreciate them all. We celebrate our volunteers year round but especially during National Volunteer Week, April 17-23, 2022. Thank you to all our volunteers for all you do.

ASPARAGUS BREAKFAST BAKE

by Dinner Tonight Healthy Cooking School

Spring is in the air and so is asparagus! Asparagus is in season right now and it is so tasty in this easy breakfast bake! If you have never cooked with asparagus, this is a great recipe to try it out. It is quick to mix together, so you can have breakfast ready even on the busiest mornings!

Click below for the Recipe:
[Asparagus Breakfast Bake](#)



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



AWARENESS
Stress
MONTH

OUTDOOR STRESS RELIEVERS



DOG WALKING



WATCH A
SUNSET/SUNRISE



BIKE



BLOW BUBBLES

YOUR OWN



BIRD / WILDLIFE
WATCHING



WALK / HIKE



GARDENING



OUTDOOR PLAY

5 tips to reduce stress

- eat healthy
- exercise
- practice mindfulness
- sleep restfully
- take time to relax - practice self-care



Commissioner Ellie Torres
and the Hidalgo County 4-H
Program

invite you to the



Free Little Library at Veteran's Memorial Park Unveiling

Veteran's Memorial Park

Linn-San Manuel

Monday, April 11, 2022

5:30 pm

Upcoming Programs & Events

Coming up:

April 15: Extension office closed in observance of Good Friday

April 17-23: National Volunteer Week

Please call or email for specific program needs.

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

HAPPY
Easter



Dr. Andrea A. Valdez
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.