

Healthy Happenings

May 2022

 @AgrilifeExtensionHidalgoFCH

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FAMILY & COMMUNITY HEALTH

Welcome to the May 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.



MENTAL HEALTH AWARENESS MONTH

Each year millions of Americans face the reality of living with Mental Health. During the month of May, we bring awareness to Mental Health to offer awareness, support, and education.



STRESS LESS WITH MINDFULNESS

Anytime is a great time for Mindfulness! Register today for our FREE Stress Less with Mindfulness online class starting on Monday, May 23, 2022 to Friday, May 27, 2022 at 5:30 pm. Click [here](#) to register!

POMEGRANATE FRUIT SALAD

by Dinner Tonight Healthy Cooking School

Our Texas heat is beginning to arrive so it is time for a cool, refreshing fruit salad. Add some color and texture to your salad with colorful pomegranate! This tasty salad is sure to compliment any main course!

Click below for the Recipe:
[Pomegranate Fruit Salad](#)



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



National High Blood Pressure Awareness Month

LIFESTYLE HABITS TO HELP PREVENT HIGH BLOOD PRESSURE INCLUDE:



EAT A HEALTHY DIET



KEEP YOURSELF AT A HEALTHY WEIGHT



BE PHYSICALLY ACTIVE



DO NOT SMOKE



LIMIT ALCOHOL INTAKE



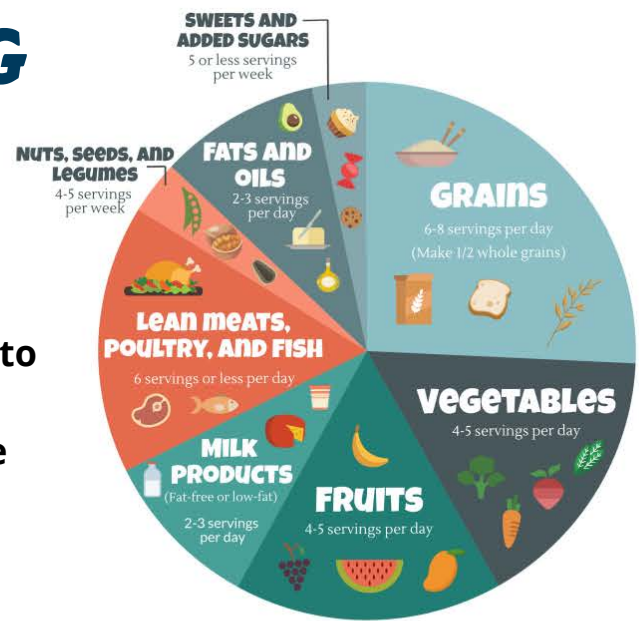
GET ENOUGH SLEEP

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



MAKING THE DASH

An eating plan to help lower blood pressure



Stress Less with Mindfulness

Register for **FREE** Today!



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, May 23, 2022 to Friday, May 27, 2022 at 5:30 p.m.

Online class link will be emailed prior to Class 1 on May 23, 2021

Register for free at:

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

Upcoming Programs & Events

Coming up:
May 2022: Mental Health Awareness Month

May 23-27, 2022: Virtual Stress Less with Mindfulness class

Please call or email for specific program needs.

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



Dr. Andréa 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.