

# Healthy **HAPPENINGS**

January 2023/ Vol 03

**Texas A&M AgriLife  
Extension Service  
Hidalgo County  
Family & Community  
Health**

Welcome to the January 2023 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.

## ~~Resolution~~ **Goal** ✓

Are you making a resolution this year? Resolutions can be hard to stick to throughout the year. Structuring your goals into SMART goals can help you outline the goals into actionable steps. One study found that 76% of participants who wrote down their goals with goal-driven actions achieved their goals (Gardner and Albee, 2015). A SMART goal is one that is: S-Specific, M-Measurable, A-Attainable, R-Relevant, and T-Time Bound. Practice setting up your goals for success using SMART goals for a great start to the year!

## HEALTHY START TO A NEW YEAR

- ♥ Eat Healthy Foods
- ♥ Stay Hydrated
- ♥ Be Physically Active
- ♥ Improve Mental Health
- ♥ Manage Health Conditions



# BLACK BEAN SOUP

by Dinner Tonight Healthy Cooking School

Here is a simple and yummy recipe for Black Bean Soup. Using an electric pressure cooker this is a one-pot dish that cooks in under an hour. Next time you need to warm up give this soup a try. Grab your blanket and settle in for a bowl of this tasty soup!

Click below for the Recipe:  
[Black Bean Soup](#)



## FAMILY & COMMUNITY HEALTH

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## NATIONAL SOUP MONTH

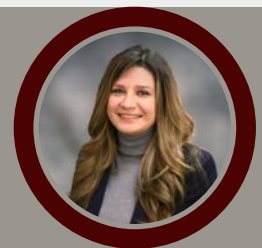
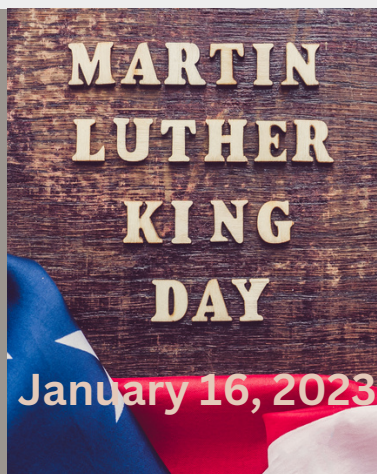
January is National Soup Month and there is nothing better than cozying up to a hot soup on a chilly day! We don't get many chilly days so take advantage of our highlighted Slow Cooker Taco Soup today!

## WALK YOUR DOG MONTH

2023 will kick off with a burst of fresh air! January is also Walk Your Dog Month! Walking your pet is a great way to get fresh air and clear your mind as well as great exercise for you and your pet!

## Family & Community Health Programs

- Cooking Well with Diabetes
- Cooking Well for Healthy Blood Pressure
- Food Handler Certifications
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Mental Health First Aid Certification (available upon request for groups)



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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).