

Healthy HAPPENINGS

April 2023/ Vol 03

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

Welcome to the April 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.



April is National Stress Awareness month! This month we are spreading awareness about managing stress through healthy coping skills! So whether it be a walk outside or just sharing a smile and a laugh with your favorite furry friend, carve out some time to practice some stress relieving techniques.

See page 2 for more stress relieving ideas!

BANANA SPLIT CAKE

by Dinner Tonight Healthy Cooking School

Hot weather is approaching and this one is sure to cool you down! A banana split that is just over 150 calories per serving, this cake is a sweet treat....cool and refreshing without the brain freeze!

Click below for the Recipe:
[Banana Split Cake](#)





Outdoor Stress Relievers



- WALK OR HIKE** (Illustration: A person walking)
- HUG A TREE** (Illustration: A tree with a person hugging it)
- WALK BAREFOOT ON THE GRASS / SAND** (Illustration: Feet on grass)
- START A GARDEN** (Illustration: A garden bed with seedlings)
- WAKE UP WITH THE SUN / TAKE DEEP BREATHS** (Illustration: A smiling sun)
- LISTEN TO BIRDSONG** (Illustration: Three colorful birds on a branch)
- PLAY IN THE RAIN** (Illustration: Two children playing in the rain)
- STARGAZE** (Illustration: A starry night sky)
- CLOSE EYES / FEEL SUN'S WARMTH** (Illustration: A person sitting on a large green leaf)

TEXAS A&M
AGRI LIFE
EXTENSION



FAMILY & COMMUNITY HEALTH

Welcome to the April 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.



COOKING WELL FOR HEALTHY BLOOD PRESSURE

Join us for a Cooking Well with Diabetes course at the Palmview Branch of McAllen Public Library Wednesdays in May. Please call 956-681-3110 to register.



NATIONAL STRESS AWARENESS MONTH

National Stress Awareness Month is observed to help individuals increase their awareness of how stress can affect their mental health and explore healthy coping mechanisms to cope with life stresses.

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)



April 22, 2023



Dr. Andréa A. Valdez
County Extension Agent-
Family & Community Health
Texas A&M AgriLife Extension
Service-Hidalgo County

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.