

Healthy HAPPENINGS

October 2023/ Vol 03, Issue 08

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

Welcome to the October 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.

October is
**BREAST CANCER
AWARENESS**
Month



For the 31 days of Breast Cancer Awareness Month (BCAM), pink ribbons appear as the impact of breast cancer is brought to the forefront of national conversation.

But we know that to help those facing breast cancer, awareness alone isn't enough. This October, get involved. Get screened. Take action. Make this BCAM about more than awareness.

PEAR AND POMEGRANATE CRUMBLE

by Dinner Tonight Healthy Cooking School

Using in season produce such as pears and pomegranates in this tasty crumble will give you and your family all the Fall vibes! This dessert is a great way to use extra fruits and is a great way to sneak sweet pears into dessert. Make yours today!

Click below for the Recipe:
[Pear and Pomegranate Crumble](#)



SAFE HALLOWEEN TIPS

- Carry glowsticks or flashlights, use reflective tape or stickers so kids can be seen by drivers
- Remind kids or practice walking through crosswalks
- Make sure kid's costumes are the right size to prevent falls and tripping
- Put all electronic devices down while walking, keep heads up!



Mindfulness CORNER

What is Mindful Walking?



- Surfaced in Japan around 1980 (shinrin-yoku) translated to "forest bathing"
- Aims to immerse yourself in nature and mindfully use all your senses
- Can be done anywhere as long as the walker remains present
- It does not matter where you are physically; it is where you are mentally that is important



FAMILY & COMMUNITY HEALTH

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FRESH AIR

Studies show that levels of anxiety, stress, and others are reduced by being outdoors. When you are outside, the fresh air can help raise oxygen levels in your brain, Getting some fresh air is a simple way to improve your mood!

NATIONAL BOOK MONTH

October is also National Book Month! Whether it be thrillers, romance or fantasy, pick up your favorite genre this month to get your pages in!

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.