










# APRIL 2023 STRESS AWARENESS MONTH



| SAT   | SUN   | MON  | TUE   | WED  | THU   | FRI   |
|---|---|--|---|--|---|---|
| <div>1</div> <div>Hold a dance party for your friends.</div> <div></div>                               | <div>2</div> <div>Go on a bike ride with family or friends.</div> <div></div>  | <div>3</div> <div></div> <div>Snack on healthy nuts &amp; seeds.</div>                                  | <div>4</div> <div></div> <div>Add strawberries to your salad.</div>           | <div>5</div> <div></div> <div>Switch to whole grain cereal &amp; add fresh fruit.</div>                         | <div>6</div> <div>Eat Beans Day</div> <div>Instead of meat use kidney, pintos, or black beans in your favorite recipe!</div> <div></div> | <div>7</div> <div>FREE Movie</div> <div></div> <div>Kirby Theater<br/>Roxboro<br/>6:30pm</div> |
| <div>8</div> <div>Visit a local farmer's market for fruits &amp; veggies in season</div> <div></div>    | <div>9</div> <div>To get to sleep faster, avoid bright lights &amp; screens 1 hour before bed.</div> <div></div>       | <div>10</div> <div>Make plans to have a healthier Taco Tuesday.</div> <div></div>                       | <div>11</div> <div>Go for a walk at one of the local parks.</div> <div></div> | <div>12</div> <div>Macaroni Day</div> <div>Use whole grain pasta in your favorite pasta dish!</div> <div></div> | <div>13</div> <div></div> <div>Add berries to oatmeal for breakfast.</div>   | <div>14</div> <div>Try some lite resistance exercises with hand weights.</div> <div></div>     |
| <div>15</div> <div>Women's Health Awareness<br/>8am - 5pm</div> <div> Creedmoor Community Center</div> | <div>16</div> <div>Eat one serving of vegetables &amp; fresh fruit at lunch &amp; supper this week.</div> <div></div> | <div>17</div> <div>Salad Week</div> <div>Have a salad for lunch every day this week!</div> <div></div> | <div>18</div> <div>Lunch N' Learn at 12 pm / \$5</div> <div></div>           | <div>19</div> <div></div> <div>Do 20 jumping jacks.</div>  | <div>20</div> <div></div> <div>Try roasting your veggies for a tasty side dish.</div>  | <div>21</div> <div>Yard Sale Person<br/>County Office<br/>10am - 4pm</div> <div></div>        |
| <div>22</div> <div>Earth Day</div> <div></div>   | <div>23</div> <div>Keep cut up fruit &amp; vegetables on hand for easy snacking.</div> <div></div>                   | <div>24</div> <div></div> <div>Plan to exercise today with a friend.</div>                            | <div>25</div> <div>Financial Virtual workshop 12 pm</div> <div></div>       | <div>26</div> <div>Eat berries with yogurt for a morning snack.</div> <div></div>                             | <div>27</div> <div>Do 15 arm circles.</div> <div></div>  | <div>28</div> <div>Get a minimum of 7 hours sleep.</div> <div></div>                         |
| <div>29</div> <div>Take a 20 - 30 minute walk.</div> <div></div>                                     | <div>30</div> <div>Enjoy a berry smoothie after dinner.</div> <div></div>  | <div></div>  |   | <div>For information on nutrition and chronic diseases, contact Jennifer Brown, Family &amp; Consumer Sciences (FCS), Person &amp; Granville Counties<br/>jennifer.brown@ncsu.edu</div>            |   |   |
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