

In recognition of National Wellness Month, we will host our first annual [Health Fair](#) on August 13, 2022, from 9:00 a.m. to noon in the Peace Auditorium, which offers a wealth of providers that can show you how to workout, eat healthier and also take care of your health. Walk table to table and learn more about the health resources available from medical and fitness specialists, spiritual advisors, massage therapists, nutritionists and cooking demonstrations.

Peace activities include:

- Glucose screening
- Blood pressure checks
- BMI
- Cooking demo
- Health information, etc.

Outside activities include:

- Blood Mobile, make a reservation now at [South Texas Blood - Donor Portal](#) to donate blood
- Bus safety demo and etiquette
- Farmers market

Atrium activities include:

- 9:00 a.m. UC Fireman and ACE the fire dog
- 9:30 a.m. UC Police Personal Safety Demo
- 10:00 a.m. UC Fireman and ACE the fire dog
- 10:30 a.m. UC Police Personal Safety Demo
- 11:00 a.m. Personal Safety
- 11:30 a.m. Personal Safety

Join us for a [Diabetes Straight Talk Seminar](#) on Saturday, August 27, 9:00 a.m. in the Peace Auditorium. Learn how to manage and prevent Diabetes.

Diabetes is a life-long health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin allows the blood sugar into your body's cells for use as energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

You are at risk of Type II diabetes if:

- Overweight
- 45 years old or older
- Family members with Type II diabetes
- Physically active less than 3 times a week

If you are pre-diabetic or living with diabetes, sign up today: [diabetesstraittalk](#).

SCRIPTURE MEMORY CHALLENGE

"It is written, Man shall not live by bread alone, but by every word that comes from the mouth of God."?

Matthew 4:4

UPCOMING EVENTS

Fruit and Vegetable Challenge
August

[Health Fair](#)

Aug 13, 2022
9:00 a.m. – noon
Peace Auditorium

[Diabetes Straight Talk Seminar](#)

August 27, 2022
CANCELLED

[Faith & Finances](#)

Sep 21, at 5 p.m.
Room 306

[Successful Aging](#)

[Lunch n Learn](#)

Sept 20, 2022, 11:30 a.m.
Peace Auditorium

VIDEO

Cheapskates Guide to Eating Healthy

<https://youtu.be/0XpFN0Dd5HM>

STOP Eating So Much Sugar

https://youtu.be/9_uWV2_GO8I

Take the **Fruit and Vegetable Challenge**. Join in our Fruit and Vegetable Challenge for the month of August to track your intake. The goal of this challenge is to reach 25 servings of fruits and vegetables weekly. You can have vegetables in sauce, soup, a vegetable drink or whole and fruit in smoothies, fruit salad, banana custard, berries with frozen yogurt or whole.

The American Heart Association recommends eating eight or more servings of fruits and vegetable a day, which translates to about 2 cups of fruit and 2 ½ of vegetables every day. An average adult consuming 2,000 calories daily should aim for 4 ½ cups of fruit and vegetables daily.

So, what does it take to get into the habit? According to experts:

- It takes constantly reminding yourself to eat fruits and vegetables.
- It takes having fruit and veggies available at every turn -- at work, at home, in restaurants.
- It takes making it easy for yourself, because most people today are beyond busy.
- If you haven't been accustomed to eating much produce, it takes starting small -- maybe going for one serving a day at first -- and staying the path.

Did You Know?

- Research shows fruits and vegetables can help reduce the risk for heart disease, type 2 diabetes, some cancers, and high blood pressure.
- Fruits and vegetables can also help fight the obesity epidemic.



Praise Moves
BALANCE • STRENGTH • FLEXIBILITY

Mon/Wed/Fri
9:00-10:00am
Rec Center

Turn Your
WORKOUT
Into
WORSHIP

MORE INFO: Contact Jean Dukas 210.213.4454



BAREFOOT WORSHIP

Mondays and Thursdays
6:30 - 7:30 pm
Located in the Rec Center

Follow us on Facebook
at [Wellness Reach](#)



RECIPE OF THE MONTH

From the Kitchen of Mark & Sherri Stricker

Recipe **Grilled Meat Marinade**

Servings **4**

Ingredients

- 1 lb. Chicken or beef
- 1/4 cup liquid aminos or light soy sauce
- 1/4 cup olive oil
- 2 T. Ketchup
- 1 T. Apple cider vinegar
- 1 t. Garlic salt
- 1/4 t. Ground pepper

Directions

- Rinse meat. Pat dry and set aside.
- Put remaining ingredients in bowl. Add pepper, onion, meat and stir
- Cover and place bowl in fridge, marinating 4 hours -overnight.
- Place vegetables in foil pan and grill alongside meat.
- Alternative: Sauté vegetables in skillet until tender, while meat is on grill.