

Health and Wellness

JUNE 2021 Bulletin

Happy Summer – Start your summer with friends. Take a walk in the park, bring lunch and enjoy the nice weather.

Organize a weekly walking group. Look for local places you can all walk to together.

Reasons to eat carrots – The beta carotene is converted to Vitamin A to help vision.

Carrots have antioxidants to protect against colon, prostate and stomach cancer.

One medium carrot boasts calcium, magnesium, phosphorus potassium and vitamin C to help your immune system and fight infection. Best of all, carrots help maintain healthy skin. Use carrots shredded in salad or just as a raw vegetable.

OPERATION SMILE – If you see a paid program on your TV, check to see if it's Operation Smile. You may see the children wearing the gowns that are being made by Club Women. You will see the children being given the bags of goodies, including a mirror. The child will be shown the mirror to see their new face without the cleft lip. You will see the importance of the No No arm bands, to keep the child from touching their face after the surgery.

Please keep up the good work for Operation Smile. More information for these projects can be found on the website at operationsmile.org. Patterns for some of the items are on that website. If you are collecting or making items for **Operation Smile** you can bring items to State Fall Conference, or to Headquarters by November 9th. Jill McDonald will be delivering the items in the Fall, so you don't have to ship them. The inventory list, that should be included with your items, will be on the Website.

Thank you for all you do.

Let our Voices Soar