



THE GUARDIAN ANGEL OF HEALTH

This angel, holding a basket abundantly filled with the fruits of good health, blesses us with a healthy outlook on life. It oversees the ways we look after our precious health and shows us how we can regain our stamina and positive attitudes after illness.

Hello Angels,

The first trimester is done and how many of you got certified?? It's not hard it's a lot of everyday things that we do. I know some chapters wait until the end of the year but you don't have to just email me and make sure I reply just incase your email address goes into my spam or mail them to me.

Challenges for second trimester:

1. Keep a diary of what you eat for one full month and email it to me healthandwellness@uswomenoftoday.org : it can be the middle of one month to the next as long as it is 30 days.
2. Weight loss/Exercise just let me know that you are losing weight or exercising and you will be put into a drawing for year end.
3. Send me Healthy Recipes so we can have a cookbook at the year of this year. You will be put into a drawing for year end.

Our lives are so busy that we forget to take time and pray take a minute out of each day and say a small poem or prayer that sticks in your mind. Just to clear your mind for 30 seconds to a minute.

A Recipe to a Healthy You