



SUMMER IS Here!!



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FINALLY!! IT'S HERE, SUMMER!!!! We've been waiting for this, well, for about a year now! We've been waiting for the sunshine, the fresh air, the warm summer breeze, you know, all the fun summer stuff! It's probably almost everyone's favorite season. There are so many great things about summer...the outdoor activities like concerts, picnics, trips to the zoo, hikes, swimming and bike rides; the fresh summer produce that grows in abundance in the bright summer sun - for high vitamin A content, choose a sweet potato, for a veggie high in vitamin C, fresh broccoli is a great choice, an excellent choice for vitamin K is kale; and don't forget that it's a great time to just sit a minute and take it all in...meditate, read a summer book on the deck and take in the sounds of nature surrounding you. But while doing all these fun things of summer, don't forget to be safe and take care of yourself, summer self-care is very important! Make sure to use sunscreen when you're spending the day out in the sun but don't forget that you also need it on days that are overcast, too, because the UV rays still penetrate through the clouds. Make sure that you are staying hydrated, we know that staying hydrated is important, but it is even more important during those hot summer days. So, make sure to drink your water! Make this your best summer yet, doing all the fun things that you love and don't forget to try something new, happy summer!!!



**"keep your face to the sunshine and you will
never see the shadows" ~ Helen Keller**