

Wellness Monthly News

“Awareness is the greatest agent for change.” Eckhart Tolle



MIND

June celebrates **Juneteenth**, which commemorates the end of slavery in the United States. On June 19th, 1865 freedom from slavery was proclaimed in Galveston, Texas. On a yearly basis, this holiday is celebrated nationwide.

PRIDE is also celebrated this month to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.

Here are resources and events that may be of interest for Juneteenth and PRIDE:

<https://www.everfest.com/e/san-francisco-juneteenth-festival-parade-san-francisco-ca>

<https://www.thecrucible.org/juneteenth-2021-events/>

<https://sanmateopride.org>

For additional tools or guidance, reach out to Wellness educators Jessica or Veronica!

SPIRIT

Reflection space

Connection



It is an undeniable human desire to feel connection to others. The Harvard study of adult development followed adults over 80 years.

These were significant findings in their research:

-The quality of our relationships has a significant influence on our *physical health*.

-*Close relationships* more than money or fame are what kept people happy throughout their lives.

What relationships are meaningful to you?

What relationships deplete you?

BODY

On-the-go snack:

Three-ingredient tropical trail mix

Ingredients:

-2 cups raw nuts (cashews are best)
-1/2 cup large flake unsweetened coconut flakes
-5 ounces dried mango (or dried fruit of your choice), chopped/cut into bite-size pieces.

Preheat oven to 325 F and arrange nuts on a baking sheet.

Bake for 10-15 minutes, or until golden brown. In the last few minutes of baking (around the 8-minute mark), add the coconut flake. Remove from oven and let cool slightly. Then add dried fruit. Store at room temperature for up to 2 weeks or in the freezer for up to 2 months.

