



May Wellness Newsletter

Created by Veronica Cuellar and Raquel Martinez

Healthy Recipe

American Heart Association: Turkey Bacon and Spinach Quiche with Sweet Potato Crust



<https://tinyurl.com/3hf6vf5c>

Message from the Authors

As we head into the final month of school, we want to wish everyone a strong and joyful finish to the year! Thank you to all who participated in our monthly wellness challenges—your enthusiasm and commitment to self-care have made this program a success. We're so grateful for your involvement and can't wait to bring you an even stronger employee wellness program next year!

April Health Challenge Winner



Casey Helms from Gilbert ES won five free zumba lessons from Corazon Latino.

Self-Care Challenge

Treat yourself! Our Self-Care Challenge runs from May 7th to May 19th, and it's all about making time for you. Each time you do something that supports your well-being—like a mani/pedi, massage, date or friend night, reading a book, or listening to your favorite podcast—submit the form below to earn an entry into our prize drawing! You could win a free visit and consultation to The Joint Chiropractic or a 30-day trial at Gold's Gym.



<https://tinyurl.com/2e3r7hm>

Healthy Habit: Self-Care

Self-care is essential for maintaining our physical, mental, and emotional well-being. When we consistently take time to recharge, we're better equipped to manage stress, stay focused, and support others. Making self-care a regular practice can lead to a healthier, more balanced lifestyle.

Tips to make self-care a habit:

- Schedule self-care like any other important appointment.
- Start small with daily 5-10 minute activities that bring you joy.
- Set boundaries to protect your time and energy.
- Keep a journal to track how self-care impacts your mood and stress levels.
- Try new self-care activities to find what works best for you.