

JUNE 2021 | ISSUE NO. 25

DPP UPDATES

- In-person groups are being planned to resume in August 2021!!!
 - Please call (954) 383-9419 if you or anyone you know is interested in joining in-person DPP at Holy Cross Health Women's Center:
1000 NE 56th St, Fort Lauderdale, FL 33308

REACHING OUR GOALS, TOGETHER

WALK IN THE PARK



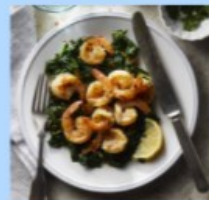
WHEN: Tuesday, July 13th

TIME: 10:00AM EDT

WHERE: Pompano Community Park
820 NE 18th Ave,
Pompano Beach, FL 33060

WHAT: Join us for a walk around the park to celebrate Park & Recreation month!

COOKING WITH CATHY



WHEN: Thursday, July 15th

TIME: 12:00 PM EDT

WHERE: Zoom
(click the button below to register)

WHAT: For ~10 minutes Cathy will demonstrate how to cook One-Pot Garlicky Shrimp & Spinach. Then, she will open it up for discussion.

[Click Here to Review The Walk In The Park Waiver](#)

[Click Here To Register For Cooking With Cathy](#)

BENEFITS OF WALKING WITH A GROUP OUTSIDE

There's research out there that shows significant improvements in subjective well-being immediately after a short visit to an urban park. Being active with others outside shows an even greater health benefit.

Boost Happiness

Just 20 minutes in a park can help reduce stress. Social walkers tend to be less depressed.

Motivation & Accountability

Lean on your walking partner(s) for support when you don't feel like showing up. Also, knowing that they are counting on you for support helps keep you going. Those who are active outdoors vs. indoors, spend more time being physically active

Flexibility

You don't need equipment or an expensive gym membership. You can plan your walking time around your schedules.

DPP PARTICIPANT SPOTLIGHT

DPP distance participant Alicia has just reached the 6-month mark in the program. She's been doing an amazing job working towards her goals. Below are food pics of Alicia's healthy and easy meals that will hopefully spark some inspiration in you to also cook at home!

Homemade Chicken Tortilla Wrap with Cooked Peppers & Onions



Homemade Baked Honey & Garlic Salmon with a Side Veggie Salad (Cucumber, Onion, Tomato and Broccoli) Topped with Calorie-Free Honey Dijon Dressing

