

- St Francis of Assisi-

HEALTH AND WELLNESS MINISTRY

September 2020

Welcome to the St. Francis of Assisi Health & Wellness Newsletter!

We would like to bring this newsletter to our parishioners for nutrition, health, and fitness information, guidance, and support so that we may be able to better serve God, our families, and our community!

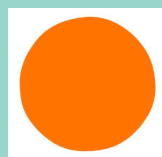
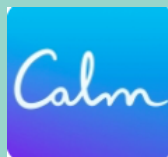
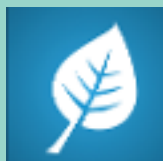
MENTAL WELLNESS

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me.

- Psalm 23:4

Wellness Apps

- MyLife Meditation
- Insight Timer
- Mindfulness Coach
- Calm
- Headspace



Integrating Mindfulness to Manage Pain During the Pandemic



EXERCISE

I have competed well; I have finished the race I have kept the faith.

- 2 Timothy 4:7

Tips to Increase Physical Activity (HHS.GOV)

- Walk when given the opportunity
- If possible, opt to take the stairs instead of escalator/elevator
- Take breaks from the computer to stretch, walk, and refresh
- Incorporate movement while watching Television
- Shake it out with dance breaks!



5- Pose Yoga Fix: Stretches to Combat Sitting Too Much



RECIPE OF THE MONTH

Blueberry Barbecued Chicken Recipe



Looking for a way to grill it up this Labor day? Try the Blueberry Barbecued Chicken Recipe!

Craving a burger?



Try one of the Veggie Burger Recipes! Feel free to experiment by adding your favorite veggies!

Bean Burger



Chickpea Sliders with Barbecue Sauce



10 Veggie Burgers Starting at 122 Calories



NUTRITION

"It is written: 'One does not live on bread alone, but by every word that comes forth from the mouth of God.'"

-Matthew 4:4

Building a Strong Immune System

A well balanced nutritious diet and healthy lifestyle behaviors are key factors for building a strong immune system and protecting from illnesses. Click on the links below to learn more on how you and your family can keep a healthy immune system all year long!

Building a Strong Immune System



How to Keep Your Immune System Healthy



SEPTEMBER IS HUNGER ACTION MONTH

Food insecurity is increasing at an alarming rate in Southwest Texas. To reduce this matter, the San Antonio Food Bank is participating in Feeding America's nationwide Hunger Action Month campaign to take action on the issue of hunger.

September 10th is Hunger Action Day.

Click on the links below to learn more about Hunger Action Month and how you can help our community fight hunger.



UPCOMING EVENTS

Holy Yoga at UUMC

Monday's 6 PM- 7PM

Wednesday's 9 AM- 10 AM

University United Methodist Church

Student Worship Center

5084 De Zavala Rd, San Antonio, TX 78249, USA

Sign up

<https://www.eventbrite.com/e/university-holy-yoga-registration-115892101395>

Live Stream

<https://www.facebook.com/universityholyyoga/?fref=tag>

Join our Facebook group for more events, articles, and motivation!

<https://www.facebook.com/groups/497244697819088>



St. Francis of Assisi Catholic Church

4201 De Zavala Road

San Antonio, TX 78249

Website:<http://sfasat.org/health/>

Email:healthsfa@gmail.com

Phone:512.633.1725