

# May is Mental Health Awareness Month



## Stress, Coping & the Coronavirus

### Ways to Cope

- Take breaks from watching, reading or listening to news stories, this includes social media
- Take care of YOU and your body
  - Stretch, meditate and take deep breaths
  - Exercise regularly, aim for 30 minutes 5 days per week

- Make time to unwind. Try to do other things you enjoy
- Connect with others and try to talk to people you trust about your concerns and how you feel

Visit [headspace.com/mi](https://www.headspace.com/mi) for tips on mindfulness and meditation. This site contains guided meditations along with meditation for kids, work, stress, anxiety, focus and sleep. The best part is it's all FREE for Michigan residents.

# Smoking & the Coronavirus

Did you know?

Individuals who smoke or vape may be at greater risk for harm from COVID-19 since these actions weaken the lungs.

Bringing your hands to your mouth can transfer the virus to your body.

Sharing tobacco products such as water pipes can transmit the virus between people.

District Health Department #10 has tobacco treatment specialists who are available to help you cut back, quit or provide information on patches, gum, lozenges or medications to help you on your quit journey.

Lake County: Holly, 231-316-8558

Mecosta County: Lacey, 231-305-8673



## Online Diabetes Prevention Class

Making small changes to your daily habits can make a big impact on your health, especially your risk for diabetes. With help from the Diabetes Prevention Program and a certified lifestyle coach your better habits can lead to better health!

You can prevent or delay Type 2 Diabetes, sign up today!

**1 hour per meeting  
(16 total meetings)**

**Internet and computer required**

**1st meeting: 6/24, 6:30pm**

**Interested or have questions?  
Contact Lacey at 231-305-8673**

# Online Learning Kitchen Class

The Learning Kitchen is a class where you can virtually watch cooking demonstrations and nutrition education activities that focus on balancing and planning healthy meals, stretching food dollars to eat healthier, shopping strategies, and cooking techniques.

This class is a series of 6 total classes with different recipes each class.

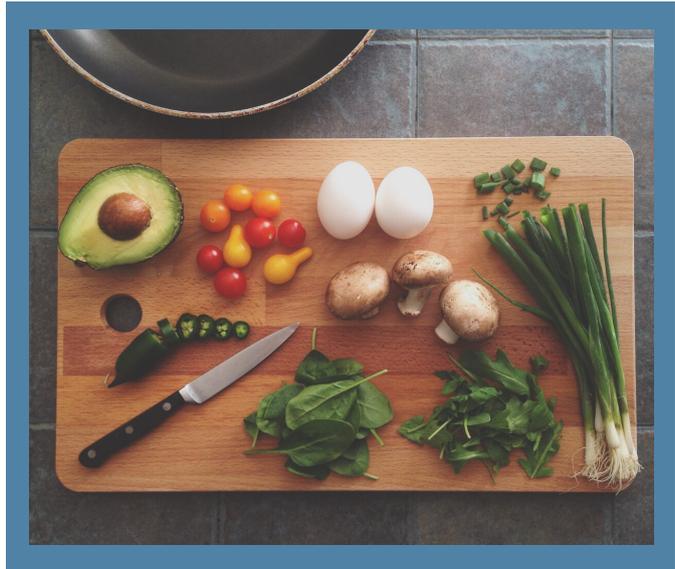
**When: June 23, July 7, July 21,  
Aug 4, Aug 18, Sept 1**

**Time: 10:30AM-11:30AM**

**Registration Required:  
Call Lacey at 231-305-8673**

**Registration Deadline: June 19th**

**Computer and Internet access  
needed**



## Blueberry Blast Smoothie



### Ingredients:

- 3 cups fresh or frozen (thawed) blueberries
- 4 cups low-fat blueberry yogurt
- 3 large bananas, peeled
- 3 cups ice (crushed works best)

### Directions:

- Wash hands with warm soap and water
- Blend the banana, ice, and yogurt together until well blended
- Add the blueberries and blend on low for 30 seconds
- Pour into tall glass
- Serve immediately and enjoy!