



## APRIL | 2026 WELLNESS NEWSLETTER

### *Stress Relief & Healthy Habits*

#### Nutrition Focus

- Enjoy fresh, seasonal produce from local farmers' markets.
- Balance treats with whole grain snacks.
- Drink water over sugary drinks.
- Plan easy, balanced dinners at home.



#### Healthy Habits This Month

- Practice calming breathing exercises.
- Get outside for movement & fresh air.
- Discuss screen-free time for relaxation.
- Encourage positive affirmations and mindfulness.



#### Fun Days to Celebrate

- April 3 - Find a Rainbow Day
- April 22 - Earth Day