

WEEKLY ACTIVITIES

Tuesday, July 24, Stuart Heights. Faith House. 6pm

Thursday, July 26, Hot dog days of Summer! Residents, let's have a lake day! We'll eat and have fun in the sun! Time-TBA

Friday, July 27, Ed at Hope House. 6pm.

Connor's Corner As noted in a previous newsletter, I'm going to present you with some thoughts that will eventually be used in a sermon titled, "Humble and Kind". Admittedly, I do believe it is important that we follow the Bible and God's instructions on remaining humble and kind. Here are some Scripture examples in His Word:

Ephesians 4:2 "Be completely humble and gentle."

1 Peter 5:6 "Humble yourselves: therefore, under God's mighty hand, that he may lift you up in due time."

James 4:10 "Humble yourselves before the Lord and he will lift you up."

1 Peter 3:8 "Finally, all of you live in harmony with one another: Be sympathetic, love as brothers, be compassionate and humble."

The Bible isn't making predictions or helpful suggestions. It is very clear, very direct, and there are no other words of wisdom. If your goal is eternal life and you hope to be lifted up, it is imperative that you always remain humble and kind. -ECR

Words to Ponder: Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. -Arnold Schwarzenegger

Tuesday, 24th is National Self Care day. Self Care is SO important. In lieu of this special day let's go over some important ways to implement self care:

- **Health literacy**-understand what's going on with you and your health
- **Self-awareness**-recognize when changes are happening in yourself
- **Physical activity**-Be active!
- **Healthy eating**-you can do it!
- **Limit health risks**
- **Good hygiene**-this goes a long way in making a person feel good
- **Rational and responsible use of health products**

These 7 pillars of self care will get us on the track of holistic health from the inside out!



Self Care Is the Best Care