



# Faithfully Fit Newsletter

MARCH 2022: ISSUE 23

Check out these resources to support a healthy mind, body and spirit.


## HEALTHY MIND


Uncertain times can breed uncertain feelings, concerns, and emotions. Staying positive and hopeful might seem like a chore. Having faith in God's love can help lead you through the toughest of times.


[Effective Stress Relievers for Your Life](#)


## HEALTHY BODY

As we prepare to enter a new calendar year, now more than ever is a great time to focus on our health and build a strong routine.

[HIV and Women \(CDC\)](#) 


[Colorectal Cancer: Catch it Early and Reduce Your Risk](#) 


[Free Personalized Colorectal Cancer Screening Recommendation Quiz](#) 

[Get Tested: National HIV, STD, and Hepatitis Free Testing](#) 

## HEALTHY EATING

Now is a great time to focus on creating healthy meals for you and your family. Experiment with canned goods mixed with fresh produce. Fuel your body right!

[Shop Healthy on a Budget](#) 

[Sports Fueling for Kids](#) 

### FAITHFULLY FIT PARTICIPATING MINISTRIES:

Dupont Park SDA  
First Rock Baptist  
Galilee Baptist  
Pilgrim Rest Baptist  
St Theresa of Avila  
Urban Outreach Ministries



National Nutrition Month



National Women and Girls  
HIV/AIDS Awareness Day  
(March 10)



National Colorectal Cancer  
Awareness Month

# COVID-19 INFO

[COVID-19 by County: Know Your COVID-19 Community Level \(CDC\)](#)

[Use and Care of Masks \(CDC\)](#)

[Mayor Bowser's COVID-19 Situational Update for DC](#)

## HEALTH AND NUTRITION COOKING FOR COVID WEBINAR

CHECK OUT THE [COOKING FOR COVID WEBINAR](#)



 **BELOW**



**FOR HEALTH AND NUTRITION**

**TIPS**  **AND AN**

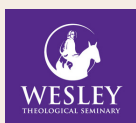


**INTERACTIVE COOKING  
DEMONSTRATION**

**LENT 2022  
WEDNESDAY, MARCH 2**



**THROUGH  
THURSDAY, APRIL 14**



Email [awells@american.edu](mailto:awells@american.edu) with any questions or if there are topics you would like included  
A partnership between American University and Wesley Theological Seminary funded by DC Health.



**ISAIAH 30:18**

Yet the Lord long to be  
gracious to you; therefore  
he will rise up to show  
you compassion. For the  
Lord is a God of justice.  
Blessed are all who wait  
for him!

  
**Faithfully Fit**