



Faithfully Fit Newsletter


JUNE 2022: ISSUE 26

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.

[10 Early Signs and Symptoms of Alzheimer's](#) 


[10 Ways to Love Your Brain](#) 

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.

[What is Sickle Cell Disease?](#) 


[Know Your HIV Status](#) (video 2:46 CDC)

[Summer Safety Tips](#) 

[The Intersection Between Aging, Women's Health, and Culture Podcast With Dr. P.](#) (Podcast 33:32)

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!


[Adopt a Healthy Diet](#) 


[Summertime Nutrition](#)

FAITHFULLY FIT PARTICIPATING MINISTRIES:

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

 Alzheimer's and Brain Awareness Month

 National Safety Month

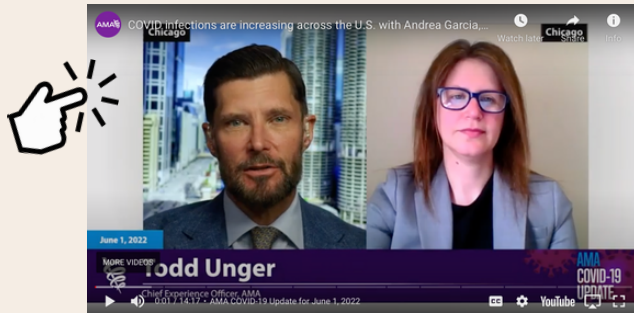
 World Sickle Cell Day (June 19)



Click above to learn more about, get tested for, know your status, and get linked to care and treatment for HIV

COVID-19 INFO

The American Medical Association provides regular COVID-19 video updates. Check out the latest update "COVID infections are increasing across the US". Watch by clicking below:



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- [Know Your COVID-19 Community Level](#)
- [Stay Up to Date with Your COVID-19 Vaccines](#)
- [COVID-19 Travel Assessment Tool](#)
- [COVID-19 Travel Recommendations by Destination](#)
- [COVID-19 Quarantine and Isolation Calculator](#)
- [COVID-19 Reinfection](#)

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JEREMIAH 29:11

For I know the plan I have for you, declares the Lord, plans of welfare and not for evil, to give you a future and a hope.



Click here for the full flyer

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