




# Faithfully Fit Newsletter

AUGUST 2022: ISSUE 28

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.


[Breastfeeding Promotes Early Brain Development](#) 


[August Anxiety: Why We Get Anxious At the End of Summer](#)

## 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.


[The Sun, UV Light, and Your Eyes](#)  


[Healthy Vision Tips](#) 

[Get Your Child's Vision Checked](#) 

## 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!

[Build a Healthy Eating Routine When You're Pregnant or Breastfeeding](#) 

[Best Hydration Apps](#) 

### FAITHFULLY FIT PARTICIPATING MINISTRIES:

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



Summer Sun Safety Month



Children's Eye Health and Safety Month



National Breastfeeding Month

**MONKEYPOX  
INFORMATION ON  
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# COVID-19 INFO

The American Medical Association provides regular [COVID-19 video updates](#).

[Biden-Harris Administration Secures 66 Million Doses of Moderna's Variant-Specific COVID-19 Vaccine Booster for Potential Use in Fall and Winter 2022](#)

[What You Need to Know About Variants](#)

[When you have covid, here's how you know you are no longer contagious](#)

## MONKEYPOX SYMPTOMS



[CLICK HERE](#)

Symptoms of monkeypox can include:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Respiratory symptoms (e.g. sore throat, nasal congestion, or cough)
- A rash that may be located on or near the genitals

## DC MONKEYPOX VACCINATION INFORMATION

Pre-Register for a  
Vaccine Appointment



DC | **HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA



### ISAIAH 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

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