

# THE WEEKLY BLURB

## WEEK OF OCTOBER 19, 2020

### HEALTHY TIP: POSITIVE POWER

- WHEN THINKING ABOUT CHANGING TO MAKE HEALTHIER CHOICES, STAY POSITIVE! KEEP A SMILE ON YOUR FACE

### PHYSICAL ACTIVITY TIP: HEART HEALTHY

- EXERCISE HELPS CREATE A STRONG, HEALTHY HEART

Me



Summer squashes grow quickly and have thin skin; to retain the most nutrients, leave their skin on while eating. Zucchini, yellow, and scallop squashes are three primary summer squashes.

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