

### APRIL

April is a spring month, Its flower is the daisy, and according to tradition, the birthstone is the diamond.

The full moon in April is named the Pink Moon after the pink wildflowers that bloom in the spring.



Meet Tina!!!

She represents our new start in **Northwest Florida**. She has already brought us such good luck in Florida.



Spring Clean Your



### IN THE COMMUNITY

Thursday, April 20<sup>th</sup>

**Volunteer Committee Meeting**  
Hammock Bay Club House, theatre room  
Freeport  
1pm-2pm

Friday April 28<sup>th</sup>

**Bingo Night for Lupus**  
Blount House 541 Kylea Laird Drive  
Freeport  
6pm – 8pm

Friday, May 19<sup>th</sup>

**Volunteer Committee Meeting**  
Hammock Bay Town Center  
Freeport  
1pm-2pm

Saturday, May 20<sup>th</sup>

**Bay Area Health & Wellness Expo**  
Hammock Bay Town Center  
Freeport  
10am-3pm

Friday, June 30<sup>th</sup>

**Bingo Night for Lupus**  
Blount House 541 Kylea Laird Drive  
Freeport  
6pm – 8pm

For our bodies, it means leaving behind the heaviness of grounding foods and embracing all things light and fresh. To help embrace the season, I've put together a list of my favorite spring foods and how to use them.

**Arugula** – Leafy greens like arugula, spinach and lettuce are the ultimate spring foods. Toss raw greens in a bowl with other veggies, nuts seeds and drizzle with some extra virgin olive oil and balsamic vinegar or citrus juice.

**Artichokes**- They can be boiled for about 20 minutes then peel off and eat the leaves.

**Asparagus**- is delicious simply sauteed with garlic and sea salt in some coconut oil for about 10 minutes.

**Mint** – is a delicate herb, so its better not to cook it. I love adding it to water or iced tea for refreshing natural flavoring, it also makes a great edible garnish.

