

How much water do you actually need to drink per day?



Women need about 11.5 cups of water per day and men need about 15.5 cups per day.

MARCH

FUN FACTS

Flower is the Daffodil

2 Birthstones aquamarine and bloodstone

There are two zodiac signs, Pisces through the, 20th and Aries from the 21st. March is the transition month between winter and spring.

SPECIAL DATES

1st National Pig Day

2nd Ash Wednesday

8th International Women's Day

12th Plant a flower Day

14th Daylight Saving Time

17th St Patrick's Day

27th Passover Day

10 Best Foods for Weight Loss

(before starting any diet consult your healthcare professional, such as a doctor or registered dietitian)

To help you improve your eating habits, nutritionists recommend add the following foods to your shopping list.

Apples – an apple a day may keep pounds away.

Asparagus- May help to reduce bloating and shed excess weight.

Beans – packed with protein. Good for weight loss, lowers cholesterol, helps with immune function and reduces inflammation.

Berries – can help you stay full longer, and help with maintaining a healthy weight.

Citrus Fruit – low calorie choices, due to the water content they lower glycemic index scores.

Cottage Cheese – diet friendly food, and with the high protein can also help manage weight.

Eggs – pack a lot of nutrients, are a great staple to have on your grocery list.

Kale – They are nutrient dense and packed full of fiber.

Creek Yogurt – high protein content, with half the sugar of traditional yogurts, helps keep cravings away.

Potatoes – tons of fiber, and good amounts of potassium, vitamin C and vitamin B6, with almost no fat.



IN THE COMMUNITY

[Friday, March 24th](#)

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

[Friday, March 31st](#)

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

[Friday, April 21st](#)

Volunteer Committee Meeting
Residence 49 Freeport Marina Blvd
Freeport
1pm-2pm

[Friday, April 28th](#)

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

[Saturday, May 20th](#)

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

[Friday, May 26th](#)

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