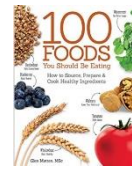




Valentine's Day

Valentine's Day is celebrated on February 14. It is a festival of romantic love and many people give cards, letters, flowers or presents to their spouse or partner.

Valentine's Day is celebrated in different countries. Most of them celebrate it on February 14, but some also celebrate in June and July. Valentine's Day is a symbol of love and care. People celebrate it by proposing their loved ones or by wishing their loved ones with their true love.



Suggested Readings

Award-winning author of *The Health Delusion*, Glen Matten, gives us a straight-talking take on the best way to buy, prepare, and cook the best ingredients—and it really is easy.

The details of each of the 100 foods cover all the information you need, including what it is, health benefits, the best way to buy, cook, and store it, and a simple recipe or serving suggestion.

Available on Amazon. paperback \$12.99

Sharing the Journey: Practicing Self-Care this Valentine's Day and Every Day

Self-care is extremely important when you have lupus. In fact, if you don't regularly practice self-care, you are often unable to do the things you want to do as your lupus will get in the way.

With Valentine's Day just around the corner, it's a good reminder to set aside some time regularly to show yourself some love through self-care. Self-care is described as a practice of taking action to preserve or improve one's own mental and physical health.

For lupus warriors, who often experience pain, fatigue, brain fog or depression, embracing self-care is extremely important.

www.lupus.org

Foods that promote cardiac healing...

- ♥ Fiber (fruits, vegetables, beans and nuts)
- ♥ Smart Fat (seafood, extra-virgin olive oil, avocados)
- ♥ Clean Protein (not meat- organic dairy products & eggs)
- ♥ Probiotics (yogurt, kefir, pickled veggies & miso)

www.naturalawakeningsnwf.com

LOVE IS IMPORTANT

Love is so important in everything we do. Love brings out the very best in every point of view.

It's easier to be loving than to hold on to a grudge. We get stuck in negativity and our ego will not budge!

Experiences, good and bad, will always come and go, being able to love regardless is how our spirits grow.

Love works in mysterious ways to soften any concern. Giving love away freely reaps loving rewards in return.

How wonderful and magical we feel when we're in love. We truly are on top of our world - there's nothing we can't rise above!

Let's turn all negative thinking into positive, loving thought by spreading love, joy and peace as, for thousands of years, we've been taught.

Jean Kay

Soup is the ultimate comfort food. Try this vegan version that is packed with flavor and veggies

INGREDIENTS:

- Cooking spray
- 1 teaspoon minced garlic
- ¼ cup minced onion
- 1 quart vegetable broth, divided
- 4 cups chopped kale leaves
- 1 (15 ounce) can chickpeas (garbanzo beans) drained and rinsed
- 1 cube vegetable bouillon
- ¼ teaspoon curry powder
- 1 cup almond milk



DIRECTIONS

Step 1

Spray the inside of a stockpot with cooking spray; place over medium heat. Cook and stir garlic in the stockpot until lightly browned, 2 to 3 minutes. Add onion and about 2 tablespoons vegetable broth to garlic; cook and stir until onion is translucent, 5 to 10 minutes.

Step 2

Stir kale into onion mixture; cook until slightly wilted, 3 to 4 minutes. Add chickpeas, remaining vegetable broth, vegetable bouillon, and curry powder; bring to a boil. Reduce heat and simmer until heated through, about 15 minutes. Add almond milk and cook until heated through, 2 to 3 minutes.

www.allrecipes.com



BINGO NIGHT
 Blount House
 541 Kylea Laird Drive
 Freeport
 Friday, February 24, 2023
 6pm-8pm