



HR Healthy Hub Enjoying Summer Activities in August



August may be summer's last hurrah before the kids are all back in school. Use August as Family Fun Month! Take that last plunge into going out to the lake one more weekend, going to the movies as a family, have game night at home, go bowling, or reach out to Perks <https://www.greatworkperks.com/> to find that last minute trip idea. Reaching out for the best memories family times can bring you.

August is known for several National Theme days; here are just a few to make August fun!!!

- National Peach Month- look at your local farmers markets for those fresh peaches, love that peach pie/cobbler.
- National Wellness Month- What steps are you taking to ensure wellness if part of your and your family way of staying healthy?
- Friendship Day, (First Sunday in August)- make sure your friendships stay as important as your family does.
- National Sandwich Month- watch out for specials from your local sandwich shop or better yet, create a new recipe for your best sandwich....Nothing like the best grilled cheese- always a comfort classic, and even better to add bacon and avocado!

Remember to stay hydrated, we have been truly fortunate with the hot days we have had, but the extreme days may be right around corner of sitting at 118° or higher.

With the warm nights here is a resource for you to try some easy healthy dinners, <https://www.thekitchn.com/healthy-dinner-ideas-23052863>

July Event Wrap Up!

Anderson Auto and Powersports sponsored several great community events and organizations in July.



AllStarz Academy Donation



LHUSD New teacher Orientation



Shabby Shack Teacher Supply Donation

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in June with Anderson Auto and Powersports Group – we appreciate you!

Employee	Years	Store
Sean Redman	26	CDJR
Josh Falldorf	19	Toyota
Nancy Seine	18	CDJR
Jay Badaracco	14	CDJR
Rosie Diaz	12	Toyota
Pam Wolsey Morrow	10	Toyota