

CENTER STREET CENTER

March is Women's History Month. It is an annual celebration that takes place in March to recognize and celebrate the contributions of women to society throughout history. The origins of Women's History Month date back to the early 1900s when International Women's Day was first observed in 1909. In 1987, Congress passed a resolution designating the month of March as Women's History Month. Each year, the President of the United States has issued a proclamation designating March as Women's History Month.



The theme for Women's History Month changes every year and is intended to highlight the diverse contributions of women to society. This year's theme is "Celebrating Women Who Tell Our Stories."

Women's History Month is celebrated not only in the United States but also around the world, as a way to recognize and honor the contributions of women throughout history and to inspire future generations of women to continue to make history.



LETTER FROM THE DIRECTOR

This month we celebrate all women. I've been blessed to know many extraordinary women in my life. There are those who have been an inspiration to me, mentored me or simply made my life better for being a part of it. I believe it's important for women to help others learn how to have a voice, to be strong and to continue to push boundaries and *tell our stories*. For every female out there, there are struggles but there are also many rewards and joys. Rejoice in who you are, the powers that you have, and the courage and strength you demonstrate every day. If you want to mentor to someone join

<https://www.womantowomanmentoring.org/>

En buena salud! In good health | Dr. Tracy E. Hill

Word on the Street

Lehigh Valley Health Network and Universal Health Services have plans to open a new 97,000 square foot, 144-bed behavioral health hospital on Macada Road in Hanover Township due to the scarcity of our regions mental health resources.

Dr. Hill will be a guest speaker at the upcoming *International Conference on Gastroenterology* in Orlando, FL this coming April. Her topic will address how TPN and ENT nutrition effects the mental and emotional wellbeing of patients. Sounds strange? Well, Dr. Hill has invented a supplemental medical product for nutritional patients. We wish her success at the conference!

Did You Know?

Did you know that laughter can have a positive effect on mental health. It releases endorphins and reduces stress hormones in the body. Research suggests that there may be some real benefits to smiling, even if it's just a forced or fake smile.



SELF CARE

Since this month we're celebrating women - we recommend the following for you or the special person in your life:

- a) manicure and/or pedicure
- b) facial
- c) 60 minute massage
- d) hot bubble bath
- e) time for self
- f) a relaxing day doing what you love best

BLENDED FAMILIES

Check out our latest blog about parents who fight on centerstreetcenter.com/PSYCH NEWS & INFO TAB. Understand the long term effects your fighting can have on children. Take the arguing outside or better yet, learn how to argue respectfully using "I" statements rather than "you" comments.

OVERALL WELLNESS

Since smiling and laughing are good for your emotional health - why not try laughing and exercising at the same time? Dance classes, laughter yoga or smile meditation all incorporate the body and mind into your day. Or go to a comedy show at Wind Creek in Bethlehem!