



myGoodness

in Health

Embracing Spring with Whole-Person Health

As we welcome Spring, we're excited to introduce new ways of supporting you in **whole-person care**. Just like the busy bees' work of Spring, where pollination is a key first step in vibrant and fruitful outcomes, adopting **healthy lifestyle choices** can serve as a way of 'pollinating' new opportunities for **renewal and even disease reversal** in your health journey, flowering into sustainable and sustaining, cost-saving wellness.

Lifestyle medicine works with your existing care team to help focus on 'root causes', like the food in our diet, all through **evidence-based strategies** across six areas of whole-person health including,

- Optimal nutrition
- Physical activity
- Stress management
- Restorative sleep
- Connectedness
- Risky substance avoidance

Look for this leaf and heart symbol designed to help connect you to "**myGoodness in Health**". It's an easy way to identify and discover evidence-based examples of healthy lifestyle choices like the new **heart-healthy Nourish Boxes**, now open to the community at the Allendale County Hospital's **Outpatient Pharmacy** with supporting contributions from **Golden Harvest** and SCFB's **Young Farmer & Ranchers** in Allendale County. Thanks!

"Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing."

Ezekiel 47:12

It's Stress Awareness Month, National Minority Health Month, and Alcohol Awareness Month in April

together we're celebrating

ABUNDANCE FOODRX FARMERS MARKET (APRIL 4)

PUBLIC HEALTH WEEK (APRIL 6-12)

WORLD HEALTH DAY (APRIL 7)

WORLD PARKINSON'S DAY (APRIL 11)

ABUNDANCE FOODRX FARMERS MARKET (APRIL 18)

NATIONAL PICNIC DAY (APRIL 23)

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY (APRIL 25)



You're a Winner!

You're always a winner when you eat more fruits & vegetables and thanks to our kindness-in-community partners at **Fairfax Feed & Seed**, any time you visit the Superstore in Fairfax, you can enter to win **\$5 in fruits & vegetables** redeemable at our healthy **FoodRx Farmers Market** at the Hospital on Saturdays.

Five winners are drawn every Friday at five o'clock, and there's no purchase necessary to enter. **Fairfax Feed & Seed** is at 448 Union Ave North in downtown Fairfax. When you visit them, please share a **'thank you'** for their support in a healthy local community, by working *in community, for our community!*

You can also **pick up a \$5 gift in goodness** by visiting the **Abundance FoodRx Farmers Market** on market Saturdays. By completing a brief, confidential survey, in our appreciation of your feedback, we'll share a **\$5 FoodRx** shopping card for each survey, all by you sharing your voice and what matters most in your health journey. The market is open every **1st and 3rd Saturday** at the **Allendale County Hospital** in Fairfax from 9am to 1pm. It's an easy and fun way to go shopping for healthy local foods that make *cents*.



Full Plate Living Classes!

Wondering **how to prepare healthy food at home** or still eat healthy at restaurants? Sign up for new **Full Plate Living classes starting in May** that teaches us how adding a few more healthy choices to our plate is not as hard as we thought and can actually be fun! Call (888) 410-4855 or stop by the **Outpatient Pharmacy** to let us know you're interested!

Look for this heart symbol around the Hospital & out in our local community for an easy way to discover good-for-you, evidence-based, healthy lifestyle choices, like nutritious foods or healthy walking trails to support your healthy goals!

