



April Fools!

Don't be foolish
laugh out loud every day



Laughter is a Drug

- It boosts your immune system.
- It lowers your stress hormones.
- It increases endorphin levels.
- It helps control blood sugar.
- Better vascular health.





Don't Let Stress...
Stress You Out



April is Stress Awareness Month

(I'm aware that I'm stressed...
trust me, I'm aware!)

- Get outside when you can.
- Spend time with the people you love.
- Get active doing something you enjoy.
- Hold someone's hand.
- Grab some laid back, YOU time.
- Remember what's important. Let the rest go.





April

Is Tax Month



If You're Taxed Enough Already, At Least Give Your Body a Break.

- **INVEST for solid returns:**
Getting active builds stronger bones.
- **Don't TAX your heart:**
Simple activity lifts a burden from your ticker.
- **STOCK up on energy:**
Moving more gives you even more daily energy.
- **DEDUCT couch time:**
Your bottom lines will thank you.





The Strawberries Are In Season!



Red, Ripe, and Delicious Strawberries Can Help

- Heal Your Heart
- Defeat Diabetes
- Control Cancer
- And it's awesome on a pie!!

