



HEALTH & WELLNESS

2302 College Ave. Conway, AR 72034
www.conwayregional.org 501-932-3236

TIPS FOR A HEALTHY EASTER

Easter has a tradition of big family meals, candy, and chocolate!

- Eat a healthy breakfast with high fiber and protein
- Drink plenty of water throughout the day to keep you feeling full
- Serve half of your dinner plate with veggies, a quarter with grains, and the other quarter with protein
- Save sweets for last during your meal or make your own healthier sweets
- When eating sweets, slow down and savor each bite
- Organize outdoor activities to stay active



April 4th is National Carrot Day!

Honey Roasted Carrots Recipe

Prep Time: 10 min

Yield: 4 servings

Ingredients:

- 8 carrots, peeled
- ¼ cup honey
- 3 Tbsp. olive oil
- Salt and pepper to taste



Directions:

1. Preheat oven to 350 degrees.
2. Place the carrots into a baking dish and drizzle with olive oil. Add the honey, and mix carrots until they are completely covered. Season to taste with salt and pepper.
3. Bake in the oven for 40 minutes to 1 hour, or until carrots are tender.

The Autism Awareness Ribbon



The puzzle pattern of this ribbon reflects the mystery and complexity of autism.

The different colors and shapes represents the diversity of people and families living with this disorder.

The brightness of this ribbon signals hope - hope through research and increasing awareness in people like you.

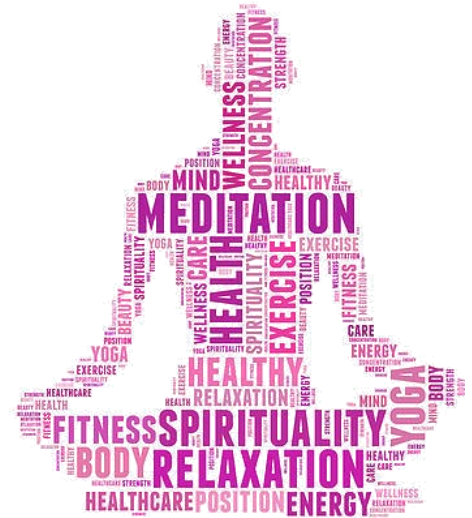
APRIL IS
**AUTISM
AWARENESS
MONTH**

HELP RAISE
AWARENESS

April is Stress Awareness Month

Tips to Help Manage Stress

1. Tell yourself one positive thing each morning when you wake up.
2. Use a journal to write down your thoughts and what you are thankful for.
3. Go outside and exercise!
4. Practice deep breathing and meditation.
5. Set aside time in your day to practice self-care.
6. Surround yourself with people who support you.
7. Get plenty of sleep (at least 7-8 hours).



Toad Suck Daze Festival 2019

May 3rd— May 5th
11:00 am—5:00 pm

In its 38th year, Toad Suck Daze is one of Arkansas's largest and most award-winning festivals.

This three-day family festival takes place the first weekend of May in downtown Conway, Arkansas, and attracts approximately 160,000 people.

From local and national entertainment to kids' entertainment; from arts and crafts to anything you can eat on a stick; from the 5K/10K race to the World Famous Toad Races, Toad Suck Daze has something for everyone. In addition to food and fun, the festival provides funding for education initiatives.

April is Alcohol Awareness Month

Tips for Safe Alcohol Consumption

- According to the *Dietary Guidelines for Americans*, recommendations for moderate alcohol consumption are **1 drink a day for women, and 2 drinks a day for men.**

STANDARD DRINK SIZE



BEER
12 oz

WINE
5 oz

LIQUOR
1 oz

- Drink a glass of **water** between drinks or while you are drinking alcoholic beverages.
- Choose a **designated driver** before your "night out", so you will already have a plan to get home.