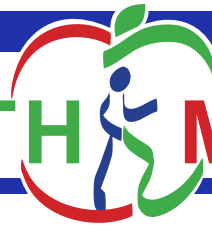


YOUR HEALTH MATTERS!



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www.tusauldsicuenta.org



Mental Health

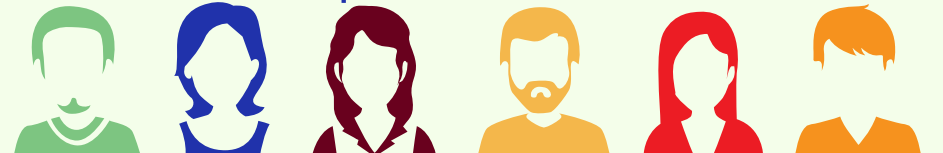
MYTHS & FACTS

Myth: People with mental health problems are unpredictable and may be violent

Fact: People with mental illness are generally no more likely to be violent than anyone else.

Myth: Mental health problems are caused by weak personalities or character flaws. People with mental health issues can snap out of it.

Fact: Mental health problems are not caused by being weak or lazy. Many people need help to get better. Mental health needs to be treated like any other illness and often requires medication and treatment.



EXERCISE CAN IMPROVE YOUR MENTAL HEALTH!

helps relieve stress

reduces anxiety, depression, & negative moods

EXERCISE

improves: self-esteem, brain function, & sleep

Source: Mentalhealth.gov

INSIDE



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Free Exercise Classes



MAY 2017

Free Exercise Classes

Laguna Vista

Location:
Rolfoff Park
122 Fernandez St.

Date(s) & Time:
Zumba
Mon., Tue., Wed., Thurs., Fri.
8:30 a.m. - 9:30 a.m.

Contact: Martha
(956) 353-1882

Dance Fitness
Tues., Wed., Thurs., Fri.
6:00 p.m. - 7:00 p.m.

Contact: Alexrajith
(956) 434-7525

Combes

Location:
Community Center
21646 Hand Rd.

Date(s) & Time:
HIT Bootcamp
Mon., Tue., Wed., Thurs.
5:30 p.m. - 6:30 p.m.

Contact: Ashley
(956) 425-3905

La Feria

Location:
Scott Sloane Memorial Park, 121 E. Liscac Ave.

Date(s) & Time:
Mon., Tue., Wed., Thurs.
10:00 a.m. - 11:00 a.m.

Contact: Ashley
(956) 425-3905

Sebastian

Location:
Sebastian Pony Express Park
434 W 8th St.

Date(s) & Time:
Tue., Thurs.
10:00 a.m. - 11:00 a.m.

Contact: Denise
(956) 399-4235

Port Isabel

Location:
Community Center
213 Yurrita St.

Date(s) & Time:
Zumba
Mon., Tue., Wed., Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Cecilia
(956) 266-2231

Harlingen

Location:
Abundant Life Church
101 N. O St.

Date(s) & Time(s):
Tues. & Thurs.
9:00 a.m. - 10:00 p.m.

Contact: Raquel
(956) 357-2078

Location:
Outreach Center
1102 S. Commerce

Date(s) & Time
Mon., Thurs.
9:30 a.m. - 10:30 a.m.

Contact: Karina
(956) 357-3107

Los Fresnos

Location:
Memorial Park
900 N. Arroyo Blvd.

Date(s) & Time(s):
Mon., Tue., Wed., Thurs., Fri.
8:30 a.m. - 9:30 a.m.

Contact: Raquel
(956) 357-2078

Lap Swimming
Tue., Thurs.
6:30 p.m. - 8:30 p.m.

Basketball
Mon., Tue., Wed., Thurs.
6:30 p.m. - 9:00 p.m.

Zumba
Mon., Tue., Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Christine
(956) 312-1406

Los Fresnos

Location:
Santa Cecilia Church
Salon Parroquial
606 W Ocean Blvd.

Date(s) & Time(s):
Mon., Wed., Fri.
8:00 a.m. - 9:00 a.m.

Contact: Carolina
(956) 346-9005

Rio Hondo

Location:
Civic Center
121 Arroyo Blvd.

Date(s) & Time(s):
Zumba
Tue.
9:15 a.m. - 10:15 a.m.

Bodyweight/Zumba
Tue.
6:00 p.m. - 7:00 p.m.

Bodyweight
Thurs.
9:15 a.m. - 10:15 a.m.

Location:
Seniors Center
121 W Arroyo Blvd.

Chair Exercise
Tue., Thurs.
11:15 a.m. - 12:15 a.m.

Contact: Miranda
(956) 564-3638

San Benito

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon. & Wed.
5:30 p.m. - 6:30 p.m.
Wed. & Fri.
8:00 a.m. - 9:00 a.m.

Contact: Letty
(956) 357-4564

Location:
Parish Hall
San Ignacio de Loyola,
24380 W. US Hwy281

Date(s) & Time
Mon., Wed., Fri.
8:30 a.m. - 9:30 a.m.

Contact:
Alba (956) 755-0609 or
Nina (956) 755-0612 or
Mirma (956) 243-6431

Location:
Boys and Girls Club
410 N. Stookey Rd

Date(s) & Time
Tue., Thurs.
9:00 a.m. - 10:00 a.m.

Contact: Kenia
(956) 312-2577

Brownsville

Location:
San Felipe de Jesus Church
2215 Ramcho Veto Ave.

Date(s) & Time(s):
Mon - Fri.
8:00 a.m. - 9:00 a.m.
Mon. - Thurs.
5:30 p.m. - 6:30 p.m.

Location:
Gonzalez Park
34 Tony Gonzalez Drive

Date(s) & Time(s):
Mon., Wed. & Fri.
5:30 p.m. - 6:30 p.m.

Contact: Belinda
(956) 459-8431

Location:
Memoria del Cordero Church
1033 N. Minnesota

Date(s) & Time(s):
Mon., Wed. & Fri.
9:00 a.m. - 10:00 a.m.

****Low Impact class****

Location:
BISD Gym* (wellness center)
708 Palm Blvd. -For parents of children in BISD

Date(s) & Time(s):
Mon. - Thurs.
12:00 p.m. - 1:00 p.m.

Location:
Olivera Park
104 E. El Paso Rd.

Date(s) & Time(s):
Mon. - Thurs.
8:30 a.m. - 9:30 a.m.

Location:
Buen Pastor Church
2645 Tulipan St.

Date(s) & Time(s):
Mon. - Thurs.
9:00 a.m. - 10:00 a.m.

Location:
1419 Taylor Str. Housing Authority

Date(s) & Time(s):
Mon., Wed., Fri.
5:30 p.m. - 6:30 p.m.

Contact: Nina
(956) 755-0612

Location:
Bob Clark Social Services Center (Brownie), 9901 California Rd.

Zumba
Date(s) & Time(s):
Tue., Thurs.
8:30 a.m. - 09:30 a.m.

Contact: Teresita
(956) 551-2704



ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program, 8:00 a.m. - Channel 7, Vallevisión

ONLINE: www.tusauldsicuenta.org | CONTACT US: (956) 755-0680

CONNECT WITH US!



HEALTHY LIVING
Role Model



Patricia Martinez went through some difficult moments while battling her depression. After seeking professional help, she decided to manage her depression through exercise in addition to continuing to consult with her physician.

“I feel like exercise has helped me both physically and emotionally,” she said. “Exercise keeps me active, instead of focusing on my thoughts and feeling more depressed.”

Patricia explained that it’s not healthy for a person with depression to be alone, crying and always thinking negative thoughts. “You need to motivate yourself,” she said.

“Being in an exercise class is a very positive and friendly place. You get motivated while being there. You are surrounded by people with lots of energy.”

Patricia also wants everyone to know that exercise is a great workout for men and women, young and old. “I encourage everyone to try exercise,” she said. “The classes are free, and the benefits are many.”

HEALTHY RECIPE: VEGGIE WRAP



INGREDIENTS:

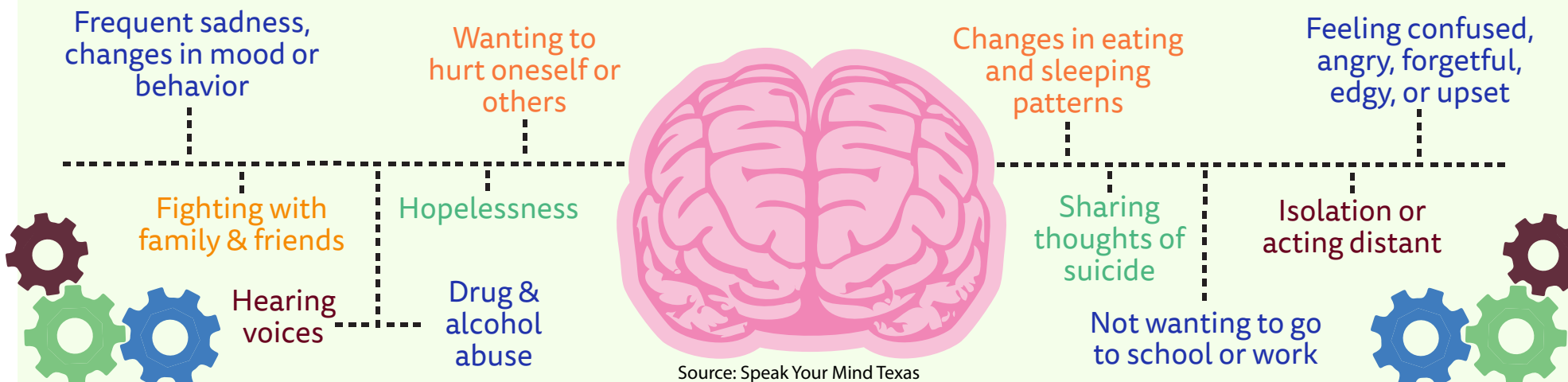
- | | |
|---|--------------------------------------|
| 2 medium bell peppers (red & green), seeded & sliced | ½ avocado, peeled and diced |
| 1 onion, sliced | Juice from 1 lime |
| 1 teaspoon canola oil | ½ cup chopped fresh cilantro |
| 1 can (15 oz.) low-sodium black beans, drained and rinsed | 4, 8-inch whole-wheat tortillas |
| | 1 teaspoon chili powder (optional) |
| | 8 tablespoons fresh salsa (optional) |
| | 1 whole wheat wrap |

PREPARATION:

1. In a nonstick pan, sauté the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping. Warm tortillas in the microwave or in a pan on the stovetop.
5. Fill a warmed tortilla with ¼ beans mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

Learn the warning signs of mental illness

Many people are reluctant to talk about their problems, but that doesn’t mean they don’t have symptoms of mental illness.



Mental Health

2-1-1

www.dshs.state.tx.us/mhsa-mh-help

Substance Abuse

1-877-9-NO-DRUG (877-966-3784)

www.dshs.state.tx.us/mhsa-sa-help

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org