

Community Calendar

TAKE THE ROAD TO HEALTHY LIVING



BROWNSVILLE, TX

FRIDAY, APRIL 20TH
5 P.M. - 8 P.M.
Brownsville Central Library
2600 Central Blvd.

FINALE
SAVE THE DATE

SATURDAY, APRIL 21ST
9 A.M. - 12 P.M.
Linear Park/Farmer's Market
E. 7th Street and Harrison

Don't forget: completing The Challenge with as little as 5% weight loss automatically enters you into a raffle to win \$1500! **Must be present on SATURDAY to win.**

BROWNSVILLE

Group Lifestyle Balance
March 20th
10 a.m.

Buena Vida Housing Authority
1419 E. Tyler St., Brownsville, TX
Contact: Lidiana Ramirez
(956)542-2334/2488
Lidiana.Ramirez@proyecto-jd.org

COMBES

Establishing a Trash Bash Community
March 24th
1 p.m. - 3 p.m.
Combes Municipal Complex
21626 Hand Rd,
Combes, TX 78535

RIO HONDO

Community Health Fair
March 22nd
5 p.m. - 7 p.m.

Riverside Village Apartments
1001 N. Robertson Rd.
Rio Hondo, TX 78583

LOS FRESNOS

Free Zumba w/Walmart
Every 1st Saturday of the Month
8:30 a.m.

Los Fresnos Memorial park
900 N. Arroyo Blvd.
Contact: Los Fresnos City Hall
(956)233-5768 or
Christine De La Rosa (956)312-1406

CONNECT WITH US!

Find a schedule of our free exercise classes on Facebook! @tsscRGV

ON TELEVISION:

Be sure to catch our segments on the Buenos Dias Program,
8:00 a.m. on channel Vallevision

ONLINE: www.tusaludsicuenta.org | **PHONE:** (956)755-0680

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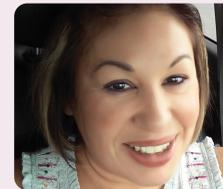
YOUR HEALTH MATTERS!



Diabetes & Depression

"This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-ED)."

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People with diabetes are **2x** as likely to suffer from depression.

DIABETES AND DEPRESSION CAN BE TREATED TOGETHER AND SUCCESSFULLY. MANAGING ONE CAN OFTEN HELP IMPROVE THE OTHER.

SYMPTOMS OF DEPRESSION

Feeling down once in a while is normal. However, if you feel sad, don't want to do things you once enjoyed, or feel tired for more than two weeks then you may be depressed.



If you're feeling down or depressed, don't keep it to yourself. Tell someone. ***If you have been thinking about hurting or killing yourself, please get help immediately! Call the National Suicide Prevention Hotline at 1-800-273-8255, or visit www.suicidepreventionlifeline.org. They have someone available to talk to you in English or Spanish.**

Source: National Diabetes Education Program



HEALTHY LIVING

» Role Model «

Mary Andrade

“Attending the diabetic support group has allowed me to get a better insight on my own diabetes while helping others.

I have made lifelong friends with whom I can vent and compare issues we face as diabetics.”

Prevent depression that comes with diabetes

Feelings of depression can be a temporary result of life circumstances, but sometimes depression lasts longer due to a chemical imbalance in the brain resulting in a medical condition, just as high blood pressure, gastritis, or diabetes are medical conditions due to imbalances.

Depression is nothing to be ashamed of, and there is help. Both depression and diabetes can be treated and controlled.

- ✓ Learn about your diabetes.
- ✓ Take your medication.
- ✓ Eat regularly and eat healthy.
- ✓ Get some exercise every day.
- ✓ Ask for help when you need it.
- ✓ Get enough sleep.
- ✓ Do relaxation and meditation exercises.

Talk to your doctor and take these steps to improve your health.

Do not assume your diabetes diagnosis is a death sentence. You can take action to control your diabetes, reduce stress, and alleviate depression.

Consult your doctor and find support through programs like Salud y Vida*.



HEALTHY RECIPE: TUNA PASTA

INGREDIENTS:



Source: The Happy Kitchen | La Cocina Alegre

- 1 lb. whole wheat pasta (penne, macaroni)
- 2 tbsp. olive oil, divided
- 1 tbsp. balsamic vinegar
- 1 onion, diced
- 3 garlic cloves, minced
- 2 tomatoes, diced
- 1 (6 oz.) can tuna in water, drained
- 1/2 cup olives, chopped
- 1 cup of mixed seasonal fresh herbs (parsley, oregano), chopped
- 1 cup of chopped, lightly steamed broccoli
- Salt and pepper (optional)
- 1 1/2 cups cooked beans (garbanzo, white) or canned beans, drained and rinsed

PREPARATION:

1. Put 10 cups of water in a large pot. Bring water to a boil.
2. Add pasta to boiling water and stir so that pasta does not stick together. Cook until tender, about 12 minutes or according to package directions.
3. In a medium skillet, heat 1 tablespoon of olive oil over medium heat.
4. Saute onion for 3 minutes. Add garlic and saute for another 3 minutes. Remove from heat.
5. In a small bowl, whisk together balsamic vinegar and 1 tablespoon of olive oil to make dressing.
6. In a large bowl, mix together garlic, onion, tomatoes, olives, beans, herbs, tuna, broccoli and pasta.
7. Add dressing to tuna mixture and toss well. Add a pinch of salt and pepper if desired.

Salud y Vida

*Salud y Vida is a program that provides education, motivation, home visitation, and support to better control your diabetes.



Salud y Vida also has free diabetes support groups, healthy cooking classes, and can connect you with a counselor or pharmacist at your clinic so you can live a full and healthy life with diabetes.

Salud y Vida is available for patients at Su Clinica Familiar, Rio Grande State Center, Brownsville Community Health Center, and Hope Clinic.