

# LIVE HEALTHY! NEWSLETTER

June 2025 | Vol. 4

## IT'S TIME FOR GREENMARKET!



During our Greenmarket Season, nutrition education workshops, Recipe Club, and Farmers' Market Tours are provided to feature in-season vegetables.

## ASK ABOUT OUR FOOD MD PROGRAM

Our Food MD program is designed to support patients from clinical sites including Ryan Health, Settlement Health, EHHOP, and Community Health Network through nutrition workshops and access to fresh produce!

## Tips to Keep You Moving & Taking Advantage of Warmer Weather

1



### MOVE YOUR WORKOUTS OUTSIDE

Try yoga in the park, bodyweight exercises in your backyard, or stair workouts at a local stadium.

2



### GO SWIMMING

Swimming offers health benefits, including improving cardiovascular fitness, building muscle strength, and reducing the risk of joint injuries. Enjoy a fun and active day by visiting a free public pool or heading to the beach!

### BONUS TIP: GET VITAMIN D

Vitamin D is an important nutrient found in some foods but also obtained from the sun. It helps the body absorb calcium and phosphorus, which are for bone health.

## JUNE WHAT IS IN SEASON?



Get fresh produce like these in your farmshare packages at our three locations at 8 E 109th, 788 Southern Blvd, or 1290 Hoe Ave!

## COOK WITH US! RECIPE CLUB

Learn how to make:



Crunchy Chicken Ginger  
Salad  
June 10th  
@ 12:30 pm



Explore our  
website



Join Live  
Healthy!



SNAP-Ed is funded by USDA's  
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Contact Us!  
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