



## APRIL NEWSLETTER

### Spring Pea Salad with Strawberries



#### Ingredients:

- 8 cups mixed salad greens
- 1 cup snow peas and/or snap peas, trimmed
- ¾ cup sliced strawberries
- ½ cup shelled fresh peas
- ¼ cup crumbled feta cheese
- ¼ cup chopped fresh mint
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons champagne vinegar
- 1 teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

#### Directions:

1. Arrange greens, snow (or snap) peas, strawberries, peas and feta on a serving platter.
2. Whisk mint, oil, vinegar, honey, salt and pepper in a small bowl and drizzle over the salad.

### April is Stress Awareness Month!

#### ***Protect yourself from too much stress for optimal health:***

- **Free up your calendar!** Don't schedule too many activities, especially those you aren't excited about. Allow for some downtime.
- **Prioritize your tasks.** Make a list of things you need to accomplish that day. Tackle the most important things first.
- **Declutter your surroundings.** Doing so will make it easier for you to focus and find things.



#### **Protect yourself from too much stress, for optimal health**

Include moments of relaxation in your daily routine, even if it's only for 10 minutes. Read a book, take a walk, sit outside in the fresh air or do some gentle stretches.

#### **News Update**

*Don't forget to sign up for the Health Fair!*

Wednesday, April 23rd  
Lander Library, Room A & B  
5:45am-9:30am

Thursday, April 24th  
Riverton Fairgrounds, Heritage Hall  
5:45am-9:30am

*Sign up:*  
fremontcountywellness.com  
Click on the "book now" tab.  
Choose the day and time you want. Click on the "staff member" drop down in order to see additional times available.

Or, click the link below:  
<https://wix.to/ZboJk75>