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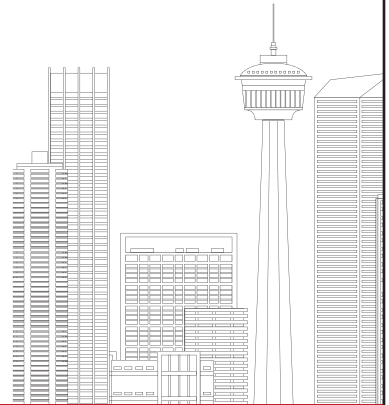


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MAHOGANY



COPPERFIELD



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The Copperfield Mahogany Community Association (CMCA) is an organization formed by the residents of both Copperfield and Mahogany:

- To manage and direct its social and recreational activities.
- To act as a liaison with all levels of government, especially civic matters like planning and development.
- To plan, develop and maintain community facilities and amenities.



Copperfield-Mahogany Community Association Memberships

Community associations are run by residents in our neighbourhoods, they bring us together as friends, they are a voice for our community, and they offer many exciting opportunities right here:

- Hockey/Skating
- Youth Programs
- Community-wide events like Stampede, Picnic in the Park, and Movie in the Park
- Committee work (planning and development, special events, safety, etc.)

CMCA Members Can Register for Programs at the Mahogany HOA!

Did you know that anybody can register for programs at the Mahogany HOA?

They have a wonderful indoor facility with a banquet hall, studios, and even a gymnasium that hosts youth and adult programs. You can check out their programs at <http://www.mahoganyhoa.com>.

The best part is that CMCA members can register at a discounted rate, compared to the general public. This is to thank members for their commitment to both of our communities. Getting your CMCA membership is quick and easy – just go to <https://cmcommunity.ca/memberships/>!

Once you have your CMCA membership, kindly reach out to the Mahogany HOA team at 403-453-1221 and they can assist you in setting up your profile and registering you at the discounted rate. If you have any questions, reach out to programs@mahoganyhoa.com.

Other Benefits Include:

- Discounted rates to most programs that operate through the Copperfield Community Hall and many at the Mahogany Beach Club.
- Discounted rates on Copperfield Community Hall rentals.
- We are building a directory of businesses in the area that will offer discounts to you by showing your membership card! (Please contact us to become involved in this program).
- And so much more!

Community Associations are dedicated to making sure our communities are a great place to live, work, and play. Purchasing a Community Association membership is a great way to get involved and show your support for the many ways our neighbours work to ensure you love where you live.

Memberships are valid for one year from the date of purchase, allowing you to purchase one at any time of year. You can set up an online account for your family at www.cmcommunity.ca and use this to purchase and renew memberships, as well as register for programs held at the Copperfield Community Hall! Memberships are good for up to two adults per household and their children up to 17 years of age. Membership is a voluntary \$30 per household, per year and is not included in the mandatory Mahogany Homeowners Association fee. A CMCA Membership does not grant access to the lake in Mahogany. You also get a vote at the yearly AGM (October/November) and it entitles you to hold a position on the Board of Directors.

Show support for your community and purchase your membership today!



The Copperfield-Mahogany Community Association (CMCA) meets monthly on the third Thursday of every month at 7:00 pm (except July and December), and residents are welcome to join us as a visitor and find out what is happening in your communities first hand! You are also welcome to join the Board, as certain roles are still open.



Event Planning Meeting Results

Thank you to those who attended the Copperfield and Mahogany Community Event Planning Open House on January 26 in the CMCA Hall!

We Value Your Input! Here Are Some Events and Activities That Were Suggested for 2023:

Events: Scavenger Hunt, Trivia Nights for Teens, Jellybean Dances, Roller Rink Nights with DJ, Glow Party for Teens

Weekly Clubs: Recycling/Cleanup/Environmental Awareness, Wine and Books, Pond Walking Groups, Book Club for Kids, Language Clubs, Harry Potter Club, Knit/Crochet Group, Bird Watching, Friendship Group for Teens, Mom and Baby Group

Workshops: Flower Arrangement, Financial Classes, Budgeting Workshops for Adults, Writing a Will, Basic Car Maintenance

Programs and Classes: Volleyball, Soccer, Tennis, Hockey, Zumba, Zumba for Seniors, Sewing Classes, CPR/First Aid, Learn to Play ____ Sport

All of those activities can make life in Copperfield and Mahogany communities so much fun!

Planning for events, especially large ones like the CMCA Stampede Picnic in the Park, involves months of planning. We are looking for people who are willing to step in to plan and organize the events and fun activities, big and small, with the support of other CMCA Board members.

What's your passion? Books? Walking? Volleyball? Soccer? Bird watching? Flower décor? Cars? Lead your own event project and share your passion with other residents of Copperfield and Mahogany communities.

If you're interested in planning any of the mentioned events, please send an email to CMCA President, Nicole at president@cmcommunity.ca.





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If you'd like to learn more about these opportunities,
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SOMETHING REALLY BIG IS COMING...

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Are you interested in **partnering with our
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help you reach a new audience, while
helping us provide family-friendly fun for our
residents to enjoy.

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Copperfield Outdoor Rinks

We'd like to welcome Matt Wright as our new rink coordinator this year! Thank you for taking this on, Matt!

New This Winter!

Family Fun Skate

Every Sunday from 9:00 am to 12:00 pm, the boarded hockey rink will be available for families to use. Hockey will not be allowed during this time. This is a perfect opportunity for everyone to enjoy the rink, regardless of their ability.

The hockey rink and tot rink are located at the Copperfield Community Hall at 6 Copperstone Way. They are free for everyone to use and are very popular among residents of Copperfield.

Helmets are recommended. Skates and helmets are not provided.

Hours

The rinks are open from 6:00 am to 10:00 pm, unless otherwise posted on the Copperfield Rink Facebook page (<https://www.facebook.com/groups/513299462824536>). If the lights are off, the rink volunteers are performing maintenance.

Maintenance

Our amazing group of rink volunteers take care of our rinks on top of their jobs and their family life. Maintenance generally occurs after 8:00 pm. Flooding can only occur between -5 and -20 degrees. If it is too

cold or too warm, please be patient. We promise the volunteers will get back out there as soon as possible! If you see these folks out working, please give them a wave and a thank-you for their time.

Once the weather is consistently below -5°C, our volunteers will start flooding for this season. In recent years, this has been in December, however, we are completely at the mercy of the weather so please bear with us. We will announce on our Facebook page when the rinks are ready for use.

Volunteering

Our rinks would not operate without the contribution of local residents! If you are interested in helping out at the rink this season, please contact copperfieldrink@gmail.com. Also join the Copperfield Rink facebook group to stay up to date on volunteer needs or the rink schedule.

Rink Rules

- Use of facilities and parking lot is at your own risk
- Keep service doors at parking lot end closed
- Alcohol and cannabis are not permitted on the premises
- Lights on = skates on
- Lights off = stay off
- Please be respectful of other skaters and of the ice rinks
- No hockey on the tot rink

*Please note, these rinks are for community use and are not intended for league use or practices.





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Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

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WE ARE LOOKING FOR

EVENTS COORDINATOR

Board position requiring a current CMCA membership. Must be able to attend monthly board meetings on the 3rd Thursday of every month. The Events Coordinator will organize fun, family-friendly events for the residents of our communities and recruit volunteers to help plan and run these events. A full description of the role is available at:
<https://cmcommunity.ca/blog/join-our-team-events/>

SECRETARY

Executive Board position requiring a current CMCA membership. Must be able to attend monthly board meetings on the 3rd Thursday of every month and other Board/Executive meetings as required. The secretary is responsible for recording the minutes of meetings, and ensuring their accuracy and availability. A full description of the role is available at:
<https://cmcommunity.ca/blog/join-our-team-secretary/>

FACILITY MANAGEMENT ADVISOR

Non-Board member volunteer needed to assist the Executive Committee with

- a facility budget
- creating a maintenance plan and schedule of annual maintenance tasks
- sourcing vendors for contract work

This role would be short term, with assistance provided in person or over email. An initial site visit would be needed to determine maintenance requirements.

**SIGN-UP
TODAY**

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT ANY OF THESE OPPORTUNITIES,
PLEASE EMAIL [PRESIDENT@CMCOMMUNITY.CA](mailto:president@cmcommunity.ca)

Walden Community Recycling Depot

There have been issues with the recycling area on 130th (Home Depot parking lot) overflowing. A new one has opened at 20200 Walden Blvd SE (Southeast corner of church parking lot).

Hours: Monday to Sunday from 7:00 am to 7:00 pm.

As a reminder, the community recycling bins accept the following items:

- Plastics with the recycling symbol 1 to 7 (excluding foam cups, containers or packaging)
- Plastic bags
- Paper and cardboard
- Glass jars and bottles
- Food cans and tin foil
- Beverage containers

If you're unsure of where to place an item, check out Online Recycling Search Tool on www.calgary.ca to find out what goes where.



The Smell Issue

As many of you recently noticed, the SE smells are back on the table. The City of Calgary is aware of the issue; here is the update on the current situation for Mahogany community.

Mahogany Smells (January 2023 Update from Evan Spencer)

"In August the forcemain that transports sewage to the Mahogany lift station failed and so there is a second pipe that is now transporting sewage in that area. The challenge is that this is a larger pipe and it creates more of an atmosphere for the creation of odours. We are working on various odour mitigations but the most effective ones will take some time. In the meantime we have placed charcoal filters in some of the problem manholes – the charcoal is being replaced regularly but we are now looking into increasing the frequency of changing those filters to better mitigate odours.

We have been working on a plan to switch back to the 250mm forcemain. We expect this to be complete this month, and we anticipate this will result in the odour issues being resolved. I don't have exact dates on when this switch will happen, but the project timeline indicates January 2023."

When you notice the odours, please continue to report them to 311.

New! Use the 311 online Odour Inquiries service request: <https://calgary-cwiprod.motorolasolutions.com/cwi/direct/WR5ODOIN>.

On the 311 app - Use the "Concern Not Listed" option.

Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!

Ride the Wave of Daylight Savings

from Alberta Health Services

The daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or 'internal clock' that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change.

Here are some things you can do to adapt as we 'spring' forward in time:

Sleep Soundly: We need between seven to nine hours of restful sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

Physical Activity: Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

Routine: Keeping ourselves in check with our regular daily activities is important. It can promote a sense of organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

Involvement: Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



Nourishment: Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those that you truly enjoy. It is all about balance!

Giving Back: People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands, shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to give and thrive with change!



**There's More
in Mahogany!**

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For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website:
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Volunteer Opportunities		info@mahoganyhoa.com

All residents age 12+ must have their membership card/credential to access the Mahogany Beach Club and parks.

Stop by the MBC to have your picture taken and get your card/credential today! Please bring your "Certificate of Title" and photo ID showing proof of residency. Tenants must bring in their lease agreements.

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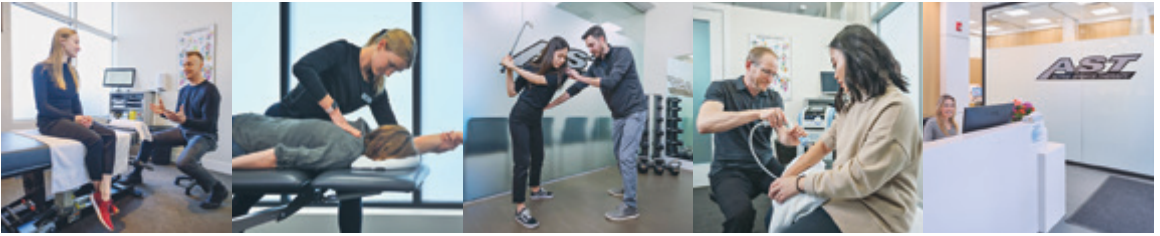


Bright Stars Preschool, with locations in the Mahogany Beach Club and Copperfield Community Hall.

We provide preschool children with a joyful, playful, and well-rounded program so they can develop socially, emotionally, physically, mentally, and academically preparing them for Kindergarten.

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Scan to find out why Dr. Sabahat Nazim (pictured) decided to pursue health services management and how to apply.
go.uleth.ca/HSM-Sabahat

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

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2023

SPRING PROGRAM GUIDE



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The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

To your health, joy, and success!



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Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



*What legacy do you
want to leave behind?*



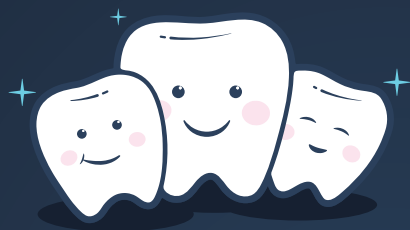
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		Listed	Sold	Listed	Sold
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December	22	16	21	\$624,900	\$614,900
November	22	27	32	\$591,650	\$581,720
October	22	29	30	\$637,650	\$621,840
September	22	33	24	\$607,400	\$597,264
August	22	36	39	\$599,900	\$590,000
July	22	54	42	\$642,450	\$625,000
June	22	51	34	\$589,000	\$586,500
May	22	46	54	\$612,400	\$617,450
April	22	56	46	\$572,400	\$579,000
March	22	87	93	\$560,000	\$570,000
February	22	68	62	\$622,400	\$645,000

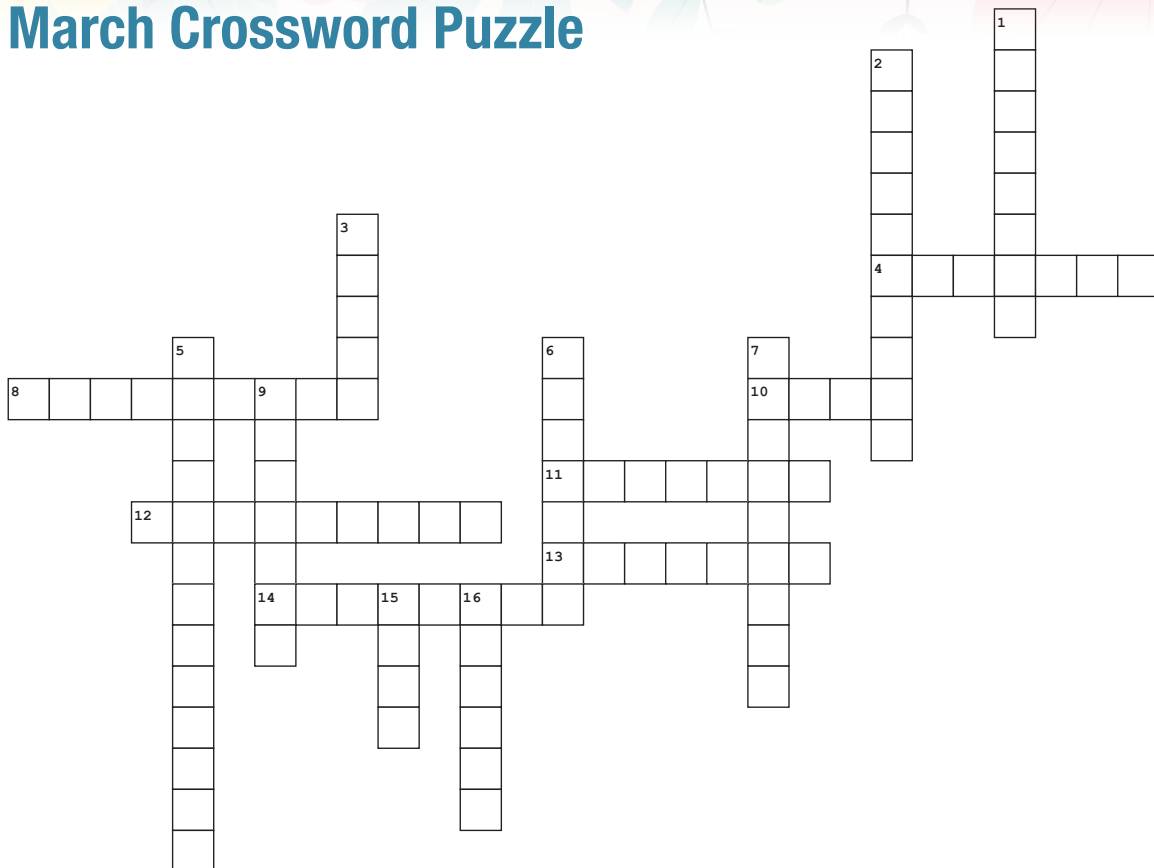
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	16	14	\$355,000	\$353,000
December	22	10	12	\$374,400	\$365,200
November	22	14	22	\$374,900	\$372,950
October	22	18	31	\$474,900	\$457,500
September	22	27	36	\$355,000	\$352,500
August	22	37	21	\$364,900	\$360,000
July	22	36	44	\$377,400	\$372,000
June	22	56	53	\$374,900	\$375,000
May	22	64	64	\$372,450	\$380,500
April	22	73	53	\$360,000	\$375,000
March	22	67	77	\$364,900	\$380,000
February	22	84	65	\$399,000	\$440,000

To view more detailed information that comprise the above
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March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

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THE ANSWER KEY**






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The Boiling Lake

The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!



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South Health Campus Wellness Centre offers free, quality health and wellness programs. Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in March 2023

Mediterranean Style Eating for Health (Demo)

When: Thursday, March 9, 12:00 to 1:30 pm

Learn how to eat Mediterranean!

The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavors and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration Link: <https://redcap.link/MediterraneanStyleEatingForHealthWinter2023>

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Wednesday, March 22, 6:30 to 8:00 pm

Need help with meal planning and preparation?

Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits

during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Low Sodium: Tasty Tips and Tricks (Demo)

When: Part two (Dips and Sauces) Tuesday, March 21, 12:00 to 1:00 pm

Are you struggling with how to implement a lower salt (sodium) diet?

Come learn practical ways to lower sodium in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Part one (February) will demo lower sodium meal ideas and Part two (March) will demo dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

(You did not need to take Part one to register for Part two)

Registration: https://redcap.link/LowSodiumTastyTips_andTricksWinter2023

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen



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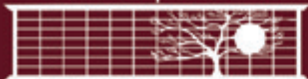
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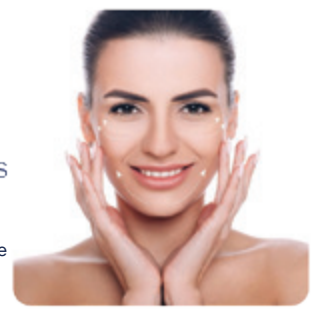
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