

EMORY GROVE UMC

HEALTH MINISTRY NEWSLETTER

Emory Grove United Methodist Church
8200 Emory Grove Road, Gaithersburg, MD 20877 301.963.3434 |
egumc.office@gmail.com
Rev. Timothy B. Warner

HEART HEALTH AWARENESS

February is American Heart Month. This awareness month was established by the Center for Disease Control and Prevention (CDC) to educate the public about heart disease and stroke. The American Heart Association (AHA) promotes healthier lives during the month of February and resources for millions of people for a common goal: to eradicate heart disease and stroke.

Black adults experience the highest burden of cardiovascular disease, which is why high blood pressure management and getting it under control is important—now more than ever.

Follow these tips for heart-healthy eating:

♥♥ Eat less saturated fat. Cut back on fatty meats and high-fat dairy products. ...

♥♥ Cut down on sodium (salt). Read the Nutrition Facts label and choose foods that are lower in sodium. ...

♥♥ Get more fiber. Eat vegetables, fruits, beans, and whole grains to add fiber to your diet.

<https://health.gov/myhealthfinder/health-conditions/heart-health/heart-healthy-foods-shopping-list>



Follow these tips for heart-healthy activities:

- **Move More** - Find simple ways to become more active!
 - Take a walk, Dance, Play with the kids.
- **Stress Less** – Notice what causes your stress. Name the emotions and physical changes you experience. Then take the appropriate steps to move forward.
 - Start a mindfulness practice!
 - Prayer, Meditation, Journaling, Spend some time in nature.
- **Manage your cholesterol** - HDL -"Healthy" and you want it
 - "Higher"; LDL - "Lousy" and you want it "Lower"; Get it checked.
- **Manage blood sugar** - Diabetes raises your risk for high blood pressure and high cholesterol.
- **Work with a doctor** - Get the care you need. Find someone you trust and understands your needs.
 - Contact the Black Physicians and Healthcare Network: <https://www.bphnetwork.org/>.
- **Quit smoking** - Pick a day. Get the support you need: Maryland Tobacco Quitline (1-800-784-8669).

Yes, She Will...

YES SHE WILL



BeGause of Love Health and Wellness is thrilled to announce the launch of our "Yes, She Will" campaign! Thanks to a grant from the Black Physicians and Healthcare Network, we're set to empower our vibrant community of femmes - Mamas, Sisters, Aunties, Daughters - with health education and resources that celebrate and support our well-being. BPHN offers resources and services to Black Montgomery County Residents.

Join us in this uplifting journey, where each step is a stride towards wellness and every victory, big or small, is celebrated. This series will include a variety of interactive workshops, community outings, weekly meditations, and fun monthly challenges.

A private Facebook group serves as the home of this series, making it your go-to spot for updates, resources, and shared community experiences. See how we're wrapping up wellness in love, learning, and community – because health is not just personal, it's shared. Let's embrace this opportunity to thrive, not just survive! ✨ 🌱 👤

Get Connected to BPHN for physical and mental health resources, along with other wrap around community services: <https://www.bphnetwork.org/>.

Ladies, you can join the private FB group here: <https://www.facebook.com/groups/HerWellnessHerWay>

In January we kicked off with a Stress Less Resolution Workshop and Vision Board Party. Thank you to those that participated!

Coming up, our February workshop: My Carbs, My Stress, What's the Link?

Please register to participate:

<https://MyCarbsMyStressWhatsTheLink.eventbrite.com>

Enjoy social time, refreshments, and giveaways.

Bring a friend and you both get a prize.

MONTH	Theme
JANUARY	My Stress-Less Resolution
FEBRUARY	My Carbs, My Stress What's the Link
MARCH	Sleep our way to the top
APRIL	My Body, My Stress, What's the link?
MAY	My Life Balance for Resilience that lasts!
JUNE	Yes, She Will Wrap it Up!

See Sis Yvette Gause for more information. sygause@gmail.com | 240-367-0506