

## Hello!

Here is your Health Kit for July 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

With the continuation of the COVID-19 pandemic, it is harder than ever to focus in on the here and now. Mindfulness is the practice of purposefully focusing your attention on the present moment, and in this month's Health Kit, you'll learn how bringing mindfulness to the table can bring positive improvements to your life.

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### Poster

This month's poster provides tips to help you bring focus to your food.

[Download Poster](#)

## Brain Game

Can you find all the words associated with mindful eating?

Download Game

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## Recipe

Practice mindful eating this month by savoring the flavor of this sweet summer recipe!

Download Recipe

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## Podcast

Learn six strategies for mindful eating in this month's podcast.

Listen

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## Short Video

This short video explains the benefits of mindful eating.

Watch Video

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## Additional Information:

[For More Information on Mindful Eating](#)

## Coming up...

Tune in next month for information on sustainable living.