



# Deree staying safe, healthy and well during Covid19

In response to this unprecedented public health challenge, with its social and economical impacts felt by all of us, we must all be pro-active, diligent and responsible for ourselves, our families, and our communities, locally and globally.

Besides religiously following the directions of the specialists, we should also take care of what we can control: eating healthy food, exercising, sleeping, resting, releasing stress, meditating and doing anything that makes us vibrate at a higher level, where we feel grounded despite our anxiety and fear of the unknown.

## **Here is one idea to get started**

### **Sophie's healthy breakfast**

Almond milk: 1 cup

Rolled oats: 2 table spoons

Ground flaxseeds: 2 tablespoons

Organic cinnamon: 1/8 teaspoon

Dried fruits: raisins cranberries

Fresh fruit

Please find the video link below for a healthy breakfast idea:

<https://www.facebook.com/103349043063387/videos/645915899527287/>

**Find out more on our website and Blackboard under ACG Health & Wellness Center, A-Z Health Topics  
Know the Facts**

For more information contact Sophie Themelis  
at 210 600 9800 ext. 1700 or @ s.themelis@acg.edu, Wellness Center, DC 205