

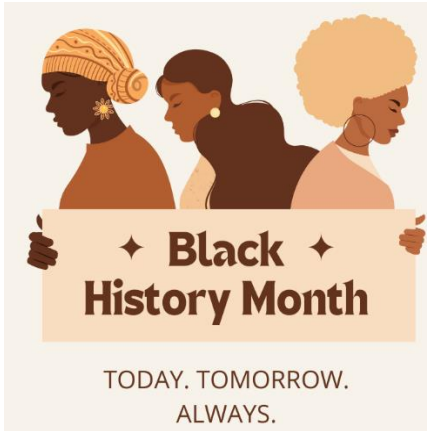


Jerk
Chicken

February 2025



Check out this recipe from Jenny!



Events & Workshops

2/8 Bow in the Clouds Preserve Walk w/Angie at 11 AM

2/16 Sound Sanctuary w/Kara @ Ayurvedic Wellness Center from 9 AM-10AM

2/22 Partner Yoga Class @ Intentional Yoga Studio from 6 PM-7PM

Holistic Heart Health

- Balanced Nutrition:**
 - ✓ Antioxidant rich diet
 - ✓ Adequate hydration
- Regular Physical Activity:**
 - ✓ 30 minutes of moderate exercise daily
 - ✓ Strength training
- Stress Management:**
 - ✓ Practicing mindfulness
 - ✓ Gratitude journaling
 - ✓ Scheduling time for self-care
- Herbs/Supplements*:**
 - ✓ Turmeric
 - ✓ Garlic
 - ✓ CoQ10

*Please consult with your primary care provider before starting!

Heart Opening Yoga Practices

Heart opening practices help open up the chest, improve circulation, and reduce tension in the body.

Poses:

All poses can be found on YouTube with Yoga With Adriene

- Camel Pose (Ustrasana)
- Bridge Pose (Setu Bandhasana)
- Cobra Pose (Bhujangasana)



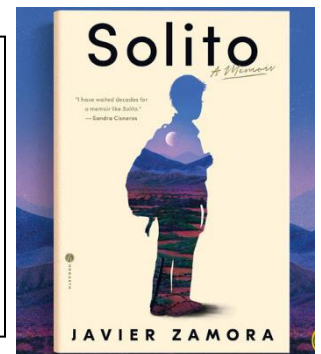
Deep breathing (Pranayama):

- Ujjayi Breathing
- Alternate nostril breathing (Nadi Shodhana)
- Box breathing



FREE Community Event

2/4-2/28 Join the Kalamazoo Public Library for their Tiny Solito Art Show (all branch locations)!



“Stop into any location throughout February to pick up art supplies to take home and create your tiny painting inspired by prompts in Solito.”

Is there a topic that you're interested in that has not been talked about? Please email info@swmihealthmatters.com with your ideas or questions! We love hearing from you!!