

## NEWSLETTER

# HEALTHIER TOGETHER

## Georgia

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### SOUNDS OF MUSIC COMING TO ARLINGTON

The municipality of Arlington will be installing outdoor musical equipment at the local park this fall! This equipment will be available for community use and will help bring creative play opportunities to local children.

The public health community has discovered that there is an important connection between access to artistic play opportunities and positive health outcomes.



### INCREASED STORAGE FOR EDISON FOOD PANTRY

Refuge Temple Apostolic Church is partnering with Healthier Together to increase their food storage capacity! Refuge Temple has been an amazing asset to the Calhoun County community, especially during the COVID-19 pandemic.

They will be adding a cooler for fresh produce and a freezer for frozen goods. The mobile pantry is scheduled for the **third Saturday** in each month unless otherwise noted.



## **RICHLAND COMMUNITY GARDEN BLOOMING**

The Richland Community Garden members have been hard at work this summer. Through safe gardening practices and social distancing, they have been able to create a thriving garden despite the challenge of COVID-19. It so excited to see their community garden project continue to grow!

Are you a Richland resident that wants to get involved? Or do you think your community could use a garden? Contact Healthier Together Educator, Grace Holmes, at [grace.holmes@uga.edu](mailto:grace.holmes@uga.edu).

## **FORT GAINES WALK AUDIT**

Healthier Together and the City of Fort Gaines completed a walk audit of the important routes to destinations in the Fort Gaines town center. The walk audit will initially be used to identify needs for Walkability Signage in Fort Gaines.

In later phases of collaboration between Healthier Together and Fort Gaines, we will also use this information to consider the creation of physical activity hubs and improved routes. This audit could not have been completed without Mayor Sumpter and his unwavering support of the Fort Gaines community. Keep an eye out for Walkability Signage coming to your city soon!



## RECIPE OF THE MONTH

### 4 Fruit Infused Water Recipes

#### Peach Blueberry Water



1 peach, sliced



1/2 cup



8 cups

#### Cucumber Lemon Water



1/2 cucumber, sliced



1 lemon, sliced



8 cups

#### Watermelon Lime Water



1 cup cubed watermelon



1 lime, sliced



8 cups

#### Apple Cinnamon with Cider Vinegar



1 apple, sliced



1 stick cinnamon



1 tablespoon apple  
cider vinegar



8 cups

# WORKOUT OF THE MONTH

## wind down wednesday

In House Workouts with Healthier Together

start in a seated position  
hands to heart

overhead stretch  
x 3

torso twist  
x 1

overhead stretch  
x 1

side body stretch  
x 1

cat cow pose  
all fours

curl toes and sit back on feet  
roll wrists

heart to earth pose  
child's pose as modification

downward dog  
pedal feet

curl toes and sit back on feet  
roll wrists

downward dog  
turn toes in

mountain pose  
neck stretch

volcano pose  
stretch up and over to side

warrior 1  
hands straight out

warrior 2  
hands to waist

feet together  
hands to heart



# COALITION MEMBER SPOTLIGHT

Roman Stankus

## IMPORTANT DATES UPCOMING

- Calhoun County Virtual September Coalition Meeting
- Dooly County Virtual September Coalition Meeting
- Stewart County Virtual September Coalition Meeting
- Clay County Virtual September Coalition Meeting