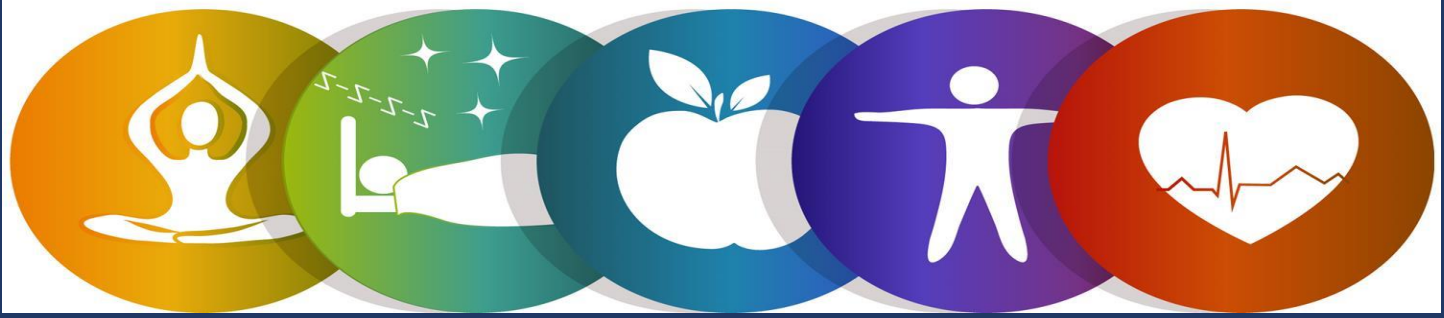


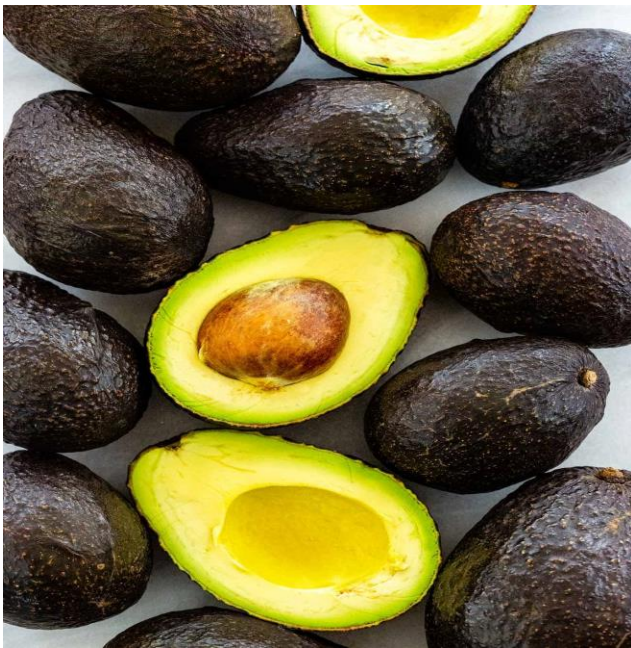
WELLNESS



THIS WEEK'S THEME:

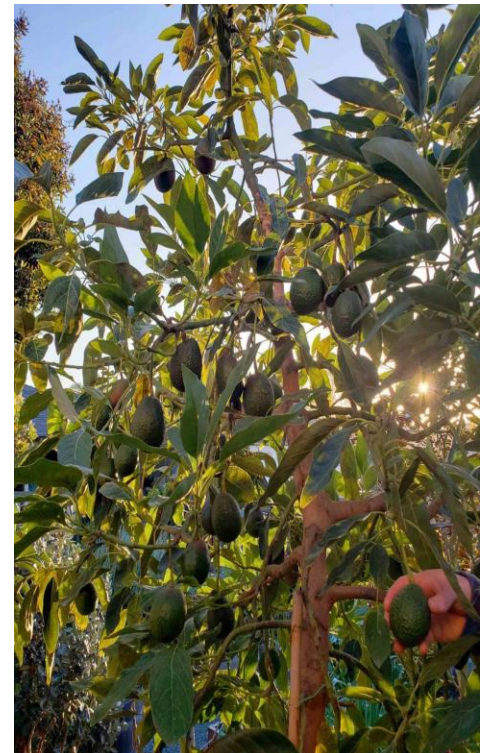
Avocado

Who doesn't love the rich, creamy flavour of an avocado? Let's take a look!



An avocado is a bright green fruit with a large pit and dark leathery skin. It's also known as alligator pear or butter fruit. Avocados are a favorite of the produce section. They are the go-to ingredient for guacamole dips and they turn up in everything from salads and wraps to smoothies and even brownies! The fruit of domestic varieties have smooth, buttery, golden-green flesh when ripe and may be pear-shaped, egg-shaped, or spherical. For commercial purposes, the fruits are picked while unripe and ripened after harvesting. The nutrient density and extremely high fat content of avocado flesh

are useful to a variety of cuisines and are often eaten to enrich vegetarian diets. Avocados have a lot of calories. The recommended serving size is smaller than you'd expect: one-third of a medium avocado (50 grams, or 1.7 ounces). One ounce has 50 calories. Avocados are also high in fat. But it's monounsaturated fat, which is a "good" fat that helps lower bad cholesterol as long as you eat them in moderation. Avocados are low in sugar, and they contain fiber, which helps you feel full longer. In one study, people who added a fresh avocado half to their lunch were less interested in eating during the next 3 hours than those who didn't have the fruit. Avocados are also rich in potassium. Potassium helps level out your blood pressure by lowering sodium levels in your blood and easing tension in your blood vessel walls. Most of the healthy fat in avocado is oleic acid, a monounsaturated fatty acid. This heart-healthy fat helps lower inflammation in your heart and blood vessels. Avocados also have a nutrient called beta-sitosterol, the plant version of cholesterol. Beta-sitosterol helps lower your cholesterol levels.



Avocado Toast? – here are a few variations to try!

Lemon olive oil avocado toast. For an Italian-inspired avocado toast, try adding a squeeze of lemon juice, some olive oil, and Italian herb seasoning to the top of your avocado toast.

Tex-Mex avocado toast. For a twist on Tex-Mex cuisine, add tomato, black beans, and cilantro to your avocado toast. You can also add a Greek yogurt sauce that includes Greek yogurt, milk, cumin, and pepper.

Everything bagel avocado toast. For this variation, you'll need everything bagel seasoning and whichever toppings you'd like. Once you've toasted your bread, add your avocado and toppings, then sprinkle a good amount of everything bagel seasoning on top for some extra flavor. This seasoning tends to be salty, though, so you don't need to add extra salt.

Dill salmon avocado toast. Adding salmon to your avocado toast can make your breakfast a protein-packed meal. Add chopped dill, a drizzle of Greek yogurt, cucumber, and radish for flavor.

Loaded avocado toast. This recipe uses radish, green onion, jalapeno, and toasted sunflower seeds. Add this mixture to your avocado toast and have a flavorful breakfast.

Mint goat cheese avocado toast. On top of your whole-grain crispy bread, add sliced avocado, soft goat cheese, and some fresh mint leaves. To add more flavor and crunch, throw in some thawed peas, roasted almonds, and a pinch of salt and pepper.

Blueberry flaxseed avocado toast. You can sprinkle blueberries, flaxseeds, or hempseeds on your avocado toast for a sweeter option. Even adding a drizzle of honey can add some extra sweetness.





YOGA SCHEDULE

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	Tuesdays STARTING APRIL 30th	3:45 – 4:45 pm	Alison Donnelly
Chemainus Secondary Dance Room	Thursdays	3:45 – 4:45 pm	Brittany Leonard
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

Note:

REMINDER - APRIL 29TH – NO YOGA CLASS AT QUAMICHAN SCHOOL

PART 4 NOW AVAILABLE

LifeSpeak Campaign April 1-26 Caring for You, Your Loved Ones, and Everything in Between



PART 4

Supporting Aging Loved Ones →

Are you the one ensuring appointments are scheduled, groceries are bought, and rides are arranged for a loved one? If so, you're not just providing assistance—you're a caregiver. Many of us underestimate the significance of the role we play in this capacity.

In this part of the campaign, we explore essential topics such as managing compassion fatigue, addressing burnout, and navigating evolving relationships. Allow us to empower you with the tools and insights needed to navigate your caregiving journey with confidence and resilience.



Ask The Expert • April 24th at 12:00PM ET
Navigating Family Finances
Shannon Lee Simmons and Bob Gavlak, Finance Experts

Also in this campaign:

- [Part 1: Creating Space for Self-Care](#)
- [Part 2: Embracing the Parenting Journey](#)
- [Part 3: Navigating Family Finances](#)

Check out "Caring for You, Your Loved Ones, and Everything in Between" campaign now!

CLICK LINK BELOW

[PART 4 - Supporting Aging Loved Ones](#)



Guidance and Support for Parents and Caregivers

In this campaign, taking place April 1 to 26, you'll discover strategies to enhance your mental well-being, cultivate self-compassion, and strengthen connections with others. From fostering safe spaces for challenging discussions with loved ones to navigating family finances, and addressing burnout, you'll reclaim your energy to fulfill both your own needs and those of your loved ones.

Join our Ask the Expert web chat, **Navigating Family Finances**, with Shannon Lee Simmons and Bob Gavlak, Finance Experts, on April 24, at 12:00 PM ET.

Log in at:

sdbc.lifespeak.com

Access ID:

lifespeak

Part 1
Creating Space
for Self-Care



Part 2
Embracing the
Parenting Journey



Part 3
Navigating Family
Finances



Part 4
Supporting Aging
Loved Ones



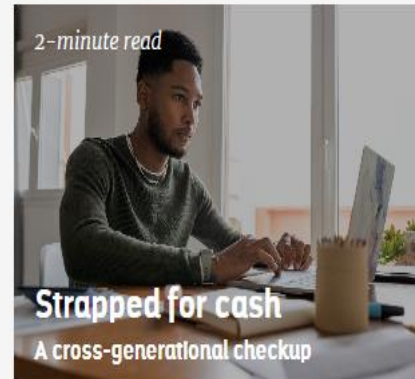
Scan to launch
the campaign



 **LifeSpeak**
Mental Health & Resilience

alive@work *Healthy Learning at Work*

Brought to you by



alive

Welcome to our latest edition of alive@work! Here you'll find quick tools to inspire you on your health and wellness journey.

Have a look: <http://work.alive.com/en/cowichan-valley-school-district/2024-04/>

Be sure to check out the alive@work bonus [TAKE 5](#), where you'll discover even more healthy cooking ideas and actionable health facts.

Enjoy!

MAY MOVEMENT CHALLENGE

ONE MORE WEEK TO GO!!!!



Spring is here and its time to get moving! The physical and mental health benefits of movement are well documented, but sometimes we need a little “challenge” to get us going. **For each 10 minutes of movement you participate in, colour in a number on your shoe (Attached!)** 10 minutes of exercise equals 1 point.

Movement can include anything that gets your heart rate up, such as a brisk walk, running, hiking, spin/biking, strength training, yoga (try one of our free classes!), swimming, dancing, paddle boarding, chopping wood, etc. The goal is to move and get your heart rate up daily, while improving your health and to create and/or maintain good habits in a way that is beneficial and sustainable for you.

Start tracking your exercise from May 1st to May 31st. If you complete all 100 squares on your shoe, print another sheet for another entry! Scan and email your shoe to me by June 7th 2024. Once all entries are submitted, I will do a tally for some amazing prizes!!! There is also a draw prize so everyone is invited to participate even if you only have a part of one shoe coloured.....send it in!!!!



Hul'q'umi'num Greeting for this week



Huy tseep q'u sii'em nu siiye'yu

Thank you, all my respected friends,



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email!** dwhyte@sd79.bc.ca

....until next Wednesday!!!

Take care,

Donna Whyte

Donna Whyte
HR Health & Wellness Manager
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