

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

This week's message: **HEALTHY SUMMER EATING**



This week's message is **Healthy Summer Eating**. Summer is here and we are all grilling more, gardening perhaps, and being tempted with sweet treats like ice cream, snowballs, etc. Review the links below for suggested recipes, cooking methods and healthy eating alternatives during this summer season. Remember, good nutrition is important to your overall health and well-being. Be well, be safe, and have a GREAT summer!



[A Guide to Summer Fruits and Vegetables](#)

[Tips for Grilling Veggies Indoors/Outdoors](#)

[Grilling Veggies on Your Outside Grill](#)



[18 Light Summer Meals](#)

[Eat This, Not That - Summer Edition](#)

[Healthy Meat Grilling Tips](#)



[25 Low Sugar Desserts - You Won't Believe](#)

[4 Smart Summertime Food Swaps](#)

[Zucchini Breakfast Casserole](#)

