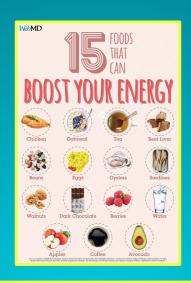
Weekly Wellness MCALLEN ISD Wellness Wewsletter

21 Foods that <u>Boost</u> your <u>Energy</u>

7 of the <u>WORST</u> foods for your Brain

Best and Worst
food for Brain Health



Adult Parks and Recreation Sport Leagues.

McAllen Edinburg

Strength Training and Stretching as you get older

How to get Strong and Stay Strong After 60 REMEMBER THAT ANY EXERCISE IS BETTER THAN NO EXERCISE.

Health

Live outside of McAllen? Here are some local parks.

Edinburg
Pharr
Mission

Here is some Morning,
Lunchtime Pop Culture
Podcasts and Drive home
Music to help relax you
focus on a little bit of "Me
Time". P.S it's ok to sing
while you drive.

"Our life is shaped by our mind, for we become what we think."

Looking for a place to <u>cool</u> off and have some family fun time?