

Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

Free concert

Sunday, September 17
4:00 p.m.
Dog Mountain
143 Parks Road
St. Johnsbury

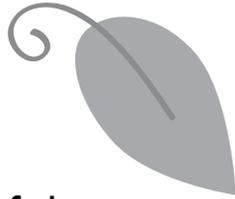
Join us for the last FREE Levitt AMP concert of the year! The NEKtones will open for The High and Mighty Brass Band. Check them out on YouTube. We hope to see you there. While there, check out the amazing walking trails.

Mom's walking group

2nd and 4th Friday of each month starts September 8
10:00–11:00 a.m.
Lamoile Valley Rail Trail Head
(located just off South Main Street)
St. Johnsbury

Join our walking group, all are welcome! Perfect chance to meet other pregnant women or families with children. Casual conversation about topics of interest is encouraged and all walks are lead by Vermont Health Department/WIC staff.

Be sure to like our Facebook page "Moms of the Kingdom Walking Group" to keep up to date with the groups activity including indoor location that will be available during colder months.



LLL of the Northeast Kingdom

2nd Tuesday of each month
10:30 a.m.–12:30 p.m.
St. Johnsbury Athenaeum
Children's Room*

5:00–6:30 p.m.
Cobleigh Library Children's Room
14 Depot Street
Lyndonville

3rd Wednesday each month
10:00 a.m.–Noon
NVRH Room 224
St. Johnsbury

Join us for a free monthly meeting! Drop in for help with breastfeeding challenges, get support, and meet other local moms.

Like the La Leche League of the Northeast Kingdom page on Facebook to keep up to date.

**Please use the side entrance by the post office as the other doors will be locked. The meeting is outside of the library's regular hours.*

All activities are FREE
of charge!

Veggie Van Go

3rd Thursday of each month
10:00–11:00 a.m.
NVRH Cafeteria, Caledonia

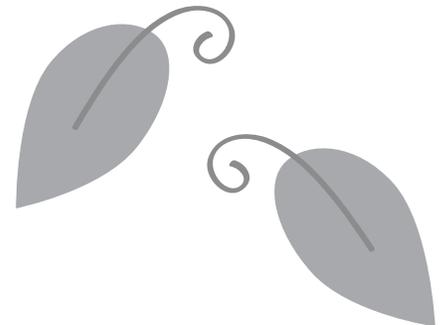
Come to the hospital cafeteria, BYOBag, and leave with a bag of fruits, veggies and recipes.

Make your own apple sauce

Friday, October 13
10:00 a.m.
Vermont Department of Health
WIC Office, St. Johnsbury

Wondering what to do with all of those extra apples you picked this fall? Come learn how to make your own applesauce! We will demonstrate how to make your own applesauce that may be sampled. A recipe will be provided, as well as recipes featuring other fall fruits and veggies. Attendees will receive a free reusable bag.

Call 748-5151 or sign up at your next WIC appointment.



FIT WIC FUN AND GAMES PAGE

Ahhh... the Power of a Breath

The days are getting shorter, the leaves are starting to change and children are heading back to school. Fall can be a very busy time for families and it is important to remember to take a moment to breathe. Meditation is a mindfulness practice that has been shown to be effective in reducing stress levels. You and your child can relax together with this guided meditation activity.

What you'll need:

- Your imagination
- Your body
- Your breath

Instructions:

1. Standing with your child, show your child how to stand with a quiet, relaxed body. They can close their eyes if that helps them relax more.
2. Ask your child to think about what their favorite color might be.
3. Have your child imagine a big balloon of that favorite color.
4. Ask your child to take a deep breath in. They should slowly inhale through their nose. Explain to your child that they are filling up their bellies with air as if their belly was the big balloon.
5. Direct your child to stretch their arms open and over their heads as they fill the big balloon (their belly) until they have taken a full deep breath.
6. Then have your child imagine slowly letting the air out of the balloon, as they lower their arms and breath out slowly through their nose.
7. Guide your child to repeat this several times, breathing slow and fully in as they raise their arms up and breathing out slowly and fully as they lower their arms.
8. After a few deep breaths in and out, you can ask your child to open their eyes if they are closed, and on the breath out, you can "pop" the balloon by gently tapping your child's belly. Your child can fall gently to the ground just as a balloon would fall when the air is let out.

