



We Can Do It!

Meadowview Family Resource Center

March Calendar

Main Line: 916-394-6300

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2251 Florin Rd, Ste 158 Sacramento 95822

MARCH IS WOMEN'S HISTORY MONTH

The National Archives celebrates Women's History Month, recognizing the great contributions that women have made to our nation. Throughout

our history women have made valuable contributions during wartime both in the civilian and military realm. No matter what the role—military personnel, pilots, nurses, journalists, or factory workers—women's experience of war remains an important and sometimes overlooked aspect of our nation's history.

SHE BELIEVED SHE COULD, SO SHE DID.

THE GLOW UP

Join us on our **Glow Up Day** where we will learn

about different tips on how to manage healthier hair and skin.

Family FUN Night

We will also be having our **Family Fun Night** that will include different activities for the entire family to enjoy! Come bring your family and join us in a night of fun!

ADMIT ONE

Free screening of **Finding Dory** with popcorn & other delicious snacks!

Ask us about our stamp cards! Attend 8 events at our site to receive a prize. We appreciate your commitment in making a stronger community!

EVENTS



Find us on:
facebook



This month's health topic is: **Progressively Reducing Processed Foods**

Making an effort to slowly reduce processed foods from our diets can seem hard but it is doable. A major contributor to obesity and illness around the world comes from the high consumption of processed foods.

So, what are processed foods?

Processed foods are foods that have chemical additives and are produced solely from refined and artificial ingredients. Processed foods are altered to please our brain and our palates with added flavors, colors, textures, as well as preservatives to have a longer shelf life. These foods are better known as Junk Food. Processed foods contain excess sugars and "empty calories" that serve no nutritional value for our bodies.

If you can find it at a gas station, chances are it is processed. The reason junk food is becoming such a problem is that people are selecting junk food over nutrient filled foods.

What foods if not junk food?

Include foods in your diet that are as close to their natural form as possible. These are foods that contain less ingredients and provide your body with nutrients that your body can absorb. Nutrient filled foods such as fruits and vegetables will give your body benefits such as a healthy digestive system, weight management, and improved mood.

El tema de salud de este mes es: **Reducir Progresivamente los Alimentos Procesados.**

Hacer un esfuerzo para reducir lentamente los alimentos procesados de nuestras dietas puede parecer difícil, pero es posible. Un importante contribuyente a la obesidad y la enfermedad en todo el mundo viene del alto consumo de alimentos procesados.

Entonces, ¿qué son los alimentos procesados?

Los alimentos procesados son alimentos que tienen aditivos químicos y se producen únicamente a partir de ingredientes refinados y artificiales. Los alimentos procesados se alteran para complacer a nuestro cerebro y nuestros paladares con sabores, colores y texturas agregados, además conservantes para tener una vida útil más larga. Estos alimentos son mejor conocidos como comida chatarra. Los alimentos procesados contienen azúcares en exceso y "calorías vacías" que no tienen valor nutricional para nuestros cuerpos. Si puede encontrarlo en una gasolinera, es probable que se procese. La razón por la que la comida chatarra se está convirtiendo en un problema es que las personas están seleccionando comida chatarra en lugar de alimentos llenos de nutrientes.

¿Qué alimentos si no debo comer comida chatarra?

Incluya alimentos en su dieta que estén lo más cerca posible de su forma natural. Estos son alimentos que contienen menos ingredientes y le proporcionan a su cuerpo nutrientes que el cuerpo puede absorber. Los alimentos llenos de nutrientes, como las frutas y verduras, le brindarán a su cuerpo beneficios como un sistema digestivo saludable, control de peso y un mejor estado de ánimo.

Books Worth Reading

For children 5 and Under :

Trail Blazer : A Girl Power Primer By Joan Holub

Learn about influential women who changed history in this engaging and colorful board book perfect for trailblazers-in-training!

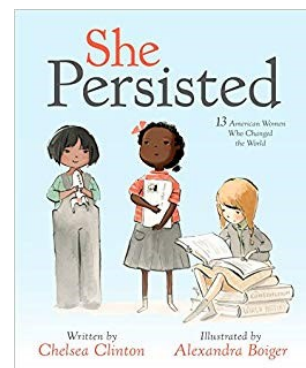
Dress Like a Girl By Patricia Toht

Uplifting and resonant, and with a variety of interests ranging from sports to science to politics, this book is sure to inspire any young girl, instilling the idea that the best way to dress like a girl is the way that makes you feel most like YOU!

For School Age Children :

She Persisted: 13 American Women Who Changed the World By Chelsea Clinton

This empowering book highlights 13 American women who made a huge impact on our world, from Harriet Tubman to Sonia Sotomayor. Through their stories, mini activists will learn to never give up on their dreams and to never take no for an answer.



Monday/ Lunes	Tuesday / Martes	Wednesday/ Miercoles	Thursday/ Jueves	Friday/ Viernes
				1
				Zumba 10 am– 11 am
4	5	6	7	8
ESL Class 9am-10am Woodbine Elementary 2500 52nd Ave	Grupo M.A.M.A.S. 10 am–11:30pm Afro Caribbean Dance Class 11am-12pm NPP-ITP(15) 1pm-3pm	Zumba 10 am –11 am Aced It Tutoring By appointment, please call for info.	Yoga Class 10am-11am	Zumba 10 am– 11 am Kids Can Cook 5pm-6pm
11	12	13	14	15
ESL Class 9am-10am Woodbine Elementary 2500 52nd Ave	Grupo M.A.M.A.S. 10 am–11:30pm Afro Caribbean Dance Class 11am-12pm NPP-School Age Spanish(1) 1pm-3pm	Zumba 10 am –11 am NPP-School Age Spanish (2) 1pm-3pm Aced It Tutoring By appointment, please call for info.	Yoga Class 10am-11am Mini Minds 11am-12pm NPP-School Age Spanish (3) 1pm-3pm Glow Up Day 5:30pm-6:30pm	Zumba 10 am –11 am NPP-School Age Spanish(4) 1pm-3pm Family Fun Night 5:30pm-6:30pm
18	19	20	21	22
ESL Class 9am-10am Woodbine Elementary 2500 52nd Ave	Grupo M.A.M.A.S. 10 am–11:30pm Afro Caribbean Dance Class 11am-12pm NPP-School Age Spanish(5) 1pm-3pm	Zumba 10 am –11 am NPP-School Age Spanish (6) 1pm-3pm Aced It Tutoring By appointment, please call for info.	Yoga Class 10am-11am NPP-School Age Spanish (7) 1pm-3pm	Zumba 10 am –11 am NPP-School Age Spanish(8) 1pm-3pm Movie Night 4:30pm-6:30pm
25	26	27	28	29
ESL Class 9am-10am Woodbine Elementary 2500 52nd Ave	Grupo M.A.M.A.S. 10 am–11:30pm Afro Caribbean Dance Class 11am-12pm NPP-School Age Spanish(9) 1pm-3pm	Zumba 10 am –11 am NPP-School Age Spanish (10) 1pm-3pm Aced It Tutoring By appointment, please call for info.	Yoga Class 10am-11am Mini Minds 11am-12pm NPP-School Age Spanish (11) 1pm-3pm	Site Closed

Nurturing Parenting Program Infant Toddler Preschool (NPP-ITP), Nurturing Parenting Program School Age (NPP-SA), Making Parenting a Pleasure (MPAP), NPP Fathers (Fathers Inc.)

These Parenting Workshops are recognized by Sacramento County Child Protective Services as approved parenting classes for parents with children ages zero (pregnant) to 12-years-old.

Consolidando el Programa de Crianza de los Hijos (NPP), Haga de la Paternidad Un Placer (MPAP), NPP padres (Padres Inc.)

El Programa de Crianza Para Padres y Haga de la Paternidad son reconocidos por los servicios de protección infantil Condado Sacramento aprobado clases para padres para padres con hijos edades (embarazada) de cero a 5 años de edad.

Zumba

Come and join us for our ZUMBA CLASS loaded with red-hot dance steps pulsating Latin rhythms and easy to follow routines. / Venga y únete a nosotros para nuestra clase de ZUMBA cargado con pasos de baile que pulsa los ritmos y fácil de seguir rutinas.

Teen Success

Weekly support group for young women who are teen parents or pregnant and under the age of 18 (Closed Group). Contact Angel Basha with Planned Parenthood at (916) 325-1712, angel_basha@ppmarmonte.org for more information.

Sacramento Self-Help Housing

Get assistance with housing issues such as discrimination, evictions, rent increases, repair refusal, housing location. Walk-ins are welcomed, but appointments are preferred. Reciba asistencia para alquilinos con evicciones, discriminación, reparaciones, búsqueda de casa. Contact Carmen at 916-394-6322

Kids Can Cook / Los niños pueden cocinar

Families are invited to a new cooking lab where parents and children learn to follow a recipe, shop smart, and get nutrition information. Families will create a meal and eat it together! / Familias están invitadas a una nueva laboratorio de cocinar donde padres e hijos aprenderán a seguir una receta, hacer compras inteligentes, y recibirán información acerca de nutrición. ¡Familias crearan y comerán una comida juntos!

Safe Sleep Baby

There are ways parents and caregivers can reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. Learn how to create a safe sleep environment for your baby and receive a free portable crib. (English Only)

ESL/ Aprendiendo Ingles

Every Monday at Woodbine Elementary School, join us for beginners English sessions. Tutoring sessions available as support. Call 916-394-6322 for more information. Cada Lunes en la escuela de Woodbine, acompaña nos por sesiones de Ingles básico. Sesiones de tutoria disponible como apoyo. Llame al 916-394-6322 para mas información.

Rock Hunt

Bring your children to tap into their creative side and Paint rocks to be hidden in surrounding areas! Find a rock and post it on our @916rockhunt Facebook page! Ven con tus hijos a explorar su creatividad y pintar piedras para esconder en la comunidad! Encuentra una piedra y comparte lo en nuestra pagina de Facebook @916rockhunt

Aced It Tutoring

Children ages 6-17 come receive help with after school homework. No homework, No problem... come to read, journal or Craft quietly with friends.

Mini Minds

Join us for a time of learning, with school-readiness focused activities, crafts, Reading corner and games! Great for children ages 1-5.

Grupo M.A.M.A.S.

We offer support groups for families!

For More Information Call: 916-394-6300

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