

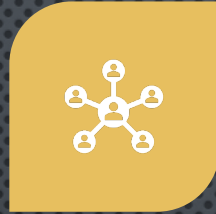
SELF CARE: A FEW TIPS ON OLD TRICKS



WE CAN ONLY GIVE
FROM THE OVERFLOW



SOMETHING THAT
FUELS US



ROLE MODELING FOR
FAMILY, FRIENDS,
COMMUNITY



COMMUNICATE,
AGREE, PARTNER



COMPARISON IS THE
THIEF OF JOY



BE STRATEGIC: SET
SHORT AND LONG
TERM GOALS

Which pie needs some love?



Speaking of pie, I bring you my MIL's recipe:

Ingredients

- For the filling
 - 1/2 c sugar
 - 1/3 c all purpose flour
 - 1/2 tsp ground cinnamon
 - 4 1/2 c blueberries
 - 1 unbaked 9" pie she
 - 1 TBSP lemon juice
- For the topping
 - 1 c all purpose flour
 - 1/2 c firmly packed brown sugar
 - 1/2 c butter

Simple steps:

- Combine flour and sugar, mix well. Cut in butter with pastry blender until it resembles coarse meal. Makes about 1 1/2 cups.
- Combine first 4 ingredients, mixing well. Pour into raw pie shell, sprinkle with lemon juice. Spread crumb topping over fruit. Bake at 425 degrees for 30 min. Cover with aluminum foil and bake 20 min more.



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