

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

MARCH 2025

Spring into Nutrition

March is National Nutrition Month which is aimed at bringing attention to the importance of our habits with physical activities and food choices. Here are some ways you can focus on nutrition this month:

- Make more meals at home
- Prioritize moving your body
- Research where your food is coming from
- Try new recipes
- Practice mindful eating
- Consult with your doctor to see how you can improve your nutrition
- Host a potluck of homemade recipes
- Try new exercise classes



Celebrating Springtime

This time of year many people are looking forward to the warmer weather and sunshine. Spring is often thought of as a time of growth, development, and renewal. As we put the sweaters and winter blues away until next year, let's think about ways we can celebrate the start of Spring:

- Plan an picnic
- Schedule some spring cleaning
- Add a birdhouse to your yard
- Start a garden
- Host a spring themed meal
- Add some fresh flowers to your home
- Freshen up your landscaping
- Go on hikes
- Set intentions for the season
- Find time to be barefoot in the grass
- Plan for some time by the water
- Take a stroll around your local garden center
- Make some homemade lemonade or ice tea

Dates and Events

- 3/7 - Employee Appreciation Day
- 3/9 - Daylight Savings begins
- 3/15 - Shamrock Shuffle 3k
- 3/17 - St Patrick's Day
- 3/20 - First Day of Spring
- 3/30 - Spring Tails Through the Village



Click [HERE](#) for community events and links

988 SUICIDE & CRISIS LIFELINE

A Journey to Resilience
A program of Space Coast Health Foundation & Lifetime Counseling Center