2022 SECOND QUARTER

Shine!

Health News from Vecino Health Centers

We are here for you!

This quarter we are celebrating families and we know that being a parent is not easy. Vecino’s counselors are here to support mothers and fathers. Give us a call to schedule an appointment!

Denver Harbor: 713-674-3326  Airline: 713-695-4013

Caring for your child starts with caring for yourself. It’s important to find practical strategies to show love more and stress less. For more information visit the website of The Basics Houston.

What are the benefits of sleep?

Most adults need at least 7 hours of sleep. Children need anywhere from 8 to 12 hours of sleep, depending on their age.

- Sleep is critical to prevent Type 2 Diabetes and attention or behavioral problems.
- While sleeping, your blood pressure goes down. Having sleep problems means your blood pressure stays higher for a longer period of time.

For more information visit the website of CDC

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Events

April
- Stress awareness

May
- Mental Well Being
- Mother’s Day

June
- Stroke Prevention
- Father’s Day
- June 27th -National HIV testing day

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Enjoy the outdoors this Summer

Here are our favorite activities you and your family can do this summer.

- **Chalk obstacle course:** All you need is chalk to draw the obstacles!
- **Scavenger hunt:** Collect items you can find around the park and write them down in a piece of paper. Give the paper to your children and have them cross off what they find.
- **Fly a kite:** Pick the right time, day with moderate wind, and enjoy quality time with your family.

What can you find around the park?

Find the words in the puzzle. Words can go in any direction, even backwards. Words can also share letters as they cross over each other.

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N W D K G W S D R I B S L O G
U P D R X M O T Y J O Q V D D
S N A U K U I O H I K U X Y N
D S J T L P D G D Y C I P Q A
S G J Y D J M Z E W X R H G V
V P R N L A W X R N S R Q H G
P P A A S E Q G K E H E P C R
Y S T L E I A A V X L L H J W
K S Q E P X M A A D H S E P S
V Y G Y J T E M T R E E S X R
B L J U S L H M Q C H P Z G E
O Z V Y B M E F A R K M O Q W
D U X X I Y W O E M G J C C O
H Z N Z W B B V N U B C N G L
S L I D E S D B Y I O G D J F
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Birds          Leaves
Grass          Squirrels
Slides          Flowers
Wood            Sandpit
Bugs            Trees

#LetHealthShine

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