

The HEARTbeat

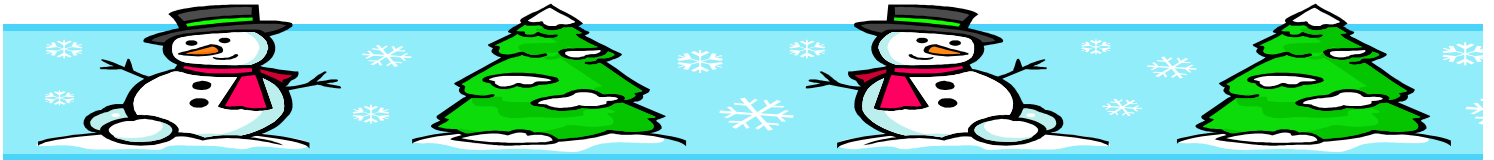
December 2011 - January 2012
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 This program is fully funded by DDRB

Merry Christmas and a Happy New Year!

This is a great time of the year to think about all that you have accomplished this year and what the next year has in store for you. I'm sure 2011 was full of ups and downs, but remember to focus on what made you happy and what you are proud of doing. I know there was something! Even if it was make someone smile when they were down. Here is what a few people said they accomplished:

Charles M: Got a good review at work
 Bethany M: Got her permit
 Jennifer L: Got a cat

Thomas J: Got his drivers license
 Kyle R: Moved out on his own
 Arlie S: Got his permit



Protecting yourself from colds

Colds seem to get passed around like a bad email chain, but are some things you can do to protect yourself.

- Get the flu shot every year.
- Wash, Wash, Wash every time you come in contact with your mouth or nose.
- Sneeze and cough into your elbow to prevent spreading germs to others.
- Exercise regularly.
- Get plenty of rest.
- Take in more Vitamin C. This will help strengthen your defenses against the virus.



Holiday Word Search

Christmas	Hanukah
Kwanzaa	Present
Snow	Lights
New Year	Peace
Bells	Celebrate
Tradition	Family

K	C	H	R	R	P	R	E	S	E	N	T
A	W	H	S	T	A	M	A	S	T	K	W
E	L	A	B	S	T	E	E	C	A	E	P
R	A	K	N	E	D	I	Y	T	R	I	O
L	I	U	G	Z	L	H	T	W	B	S	P
R	E	N	S	I	A	L	E	N	E	T	F
F	A	A	G	M	I	A	S	L	L	N	A
Y	Z	H	A	A	N	E	Y	W	E	A	M
R	T	P	E	S	N	O	M	O	C	A	I
S	S	C	E	L	A	N	Z	N	K	A	L
C	H	R	I	S	T	M	A	S	H	I	Y
G	T	N	O	I	T	I	D	A	R	T	S

**Think it's too
cold to exercise?
Think again!**

There are plenty of winter activities you can enjoy and still burn calories.

- Ice Skating**
- Sledding down a hill**
- Have a snowball fight**
- Shovel your neighbor's driveway**
- Use a workout DVD**
- Have a dance party**

Don't let the winter weather keep you still. DO SOMETHING!

Winter Black Bean Salsa

www.kraftfoods.com

Calories: 25 Total Fat: 0g Servings: 32

Ingredients

- 1 can (16 oz.) black beans, rinsed, drained
- 1 pkg. (10 oz.) frozen whole kernel corn, thawed
- 1 medium tomato, chopped
- 1/4 cup chopped red onion
- 1/4 cup fresh lime juice
- 1 env. GOOD SEASONS Garlic & Herb Dressing
- 2 Tbsp. chopped cilantro
- 1/2 tsp. minced fresh jalapeño pepper (optional)
- 1/4 tsp. ground cumin

Directions

MIX all ingredients in large bowl until well blended; cover. Refrigerate at least 15 minutes.

SERVE with tortilla chips. Store leftover salsa in airtight container in refrigerator.

What Christmas Character are you Most Like?

Ralphie from a Christmas Story: You spend all year waiting for December and when it finally comes, the excitement can be too much to handle. Right now, your thoughts are focused on specific gift that you know will change your life.

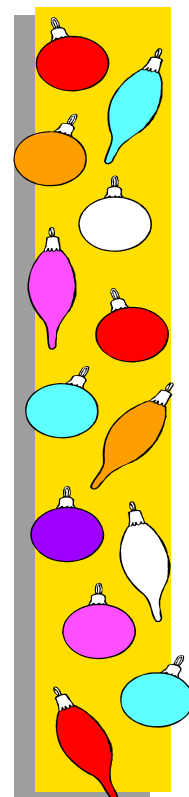
Frosty the Snowman: Every day is worth celebrating because it is winter. You spend as much time outside with your friends.

Rudolph the Red-Nosed Reindeer: Your friends may tease you, but they know they need you around. Without your glowing personality and sense of direction, they would be lost.

Buddy from Elf: You believe in the magic of the holiday season with all your heart. Your friendliness and generosity impress everyone. No matter how busy you get with Christmas shopping, decorating and holiday errands, you have an endless supply of good cheer.

Charlie Brown: You feel a little overwhelmed by the shallowness of the holidays. You don't care about expensive presents or tacky holiday decorations. It is more about having meaningful moments with the people you love.

Clark Griswold from Christmas Vacation: The holiday season brings out your competitive side. You want to give the best presents, have the best looking house, and good the best meal. You strive to be number one at everything you do.



LEARN MORE ABOUT PROJECT HEART by going to www.willowsWay.org
Click on the Project HEART Logo and review all of the classes on our current calendars.