



Health & Nutrition

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Current Events:

When: every Friday from 6:30pm – 9:00pm
Where: Gainesville Peer Respite, 728 E University Ave, Gainesville, FL 32601. Description: Every Friday night, dinner is on us! Come enjoy free pizza with the peer community and enjoy a variety of conversations, board games, and movies!

When: every Wednesday from 4:00pm-7:00pm
Where: Bo Diddley Plaza: 111 E University Ave, Gainesville, FL 32601. Description: Farmer's Market

When: March 11th at 3:30pm
Where: 2401 SW Archer Rd, Gainesville
Description: Tobacco Free Alachua community partnership meeting. This meeting is open to the public, share this invitation with anyone who may be interested.

When: March 17th at 6:00pm
Where: Cone Branch Park Alachua County Library District
Description: Learn to have success growing a garden.

Activity Corner

Spring



Find the following words in the puzzle. Words are hidden → ↓ and ↘.

BLOSSOM
BUDS
CROCUS
DAFFODIL
FLOWER
GARDEN
GREEN

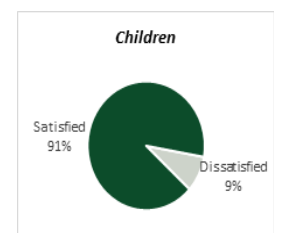
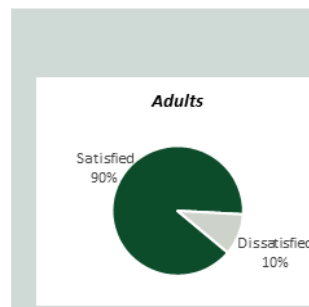
GROW
LILACS
MELTING
PUDDLE
RAIN
RAINBOW
ROBIN
SEASON

SEEDS
SHOWERS
SUN
SUNSHINE
UMBRELLA
WARM
WEATHER



Meridian's Client Satisfaction Report

July 1, 2019 through January 31, 2020
Your feedback is important to us!





March - June 2020

Meridian's Client Newsletter

Spring is in the air:

Spring is in the air!

As we edge closer to the beginning of spring, here are some ideas for fun activities you can do to relax and enjoy all that this beautiful season has to offer. They are intended to aid in stress relief, promote physical activity and improve wellness. Please remember to always wear sunscreen if you plan on being outside for extended periods of time.

Bird Watch. Go hiking. Fly a kite. Visit a farmer's market for fresh produce. Engage in outdoor recreation. Have a picnic. Plant a garden.

For information on local parks and recreational opportunities in your area, please visit the following websites.

Alachua County <https://www.cityofgainesville.org/ParksRecreationCulturalAffairs/NaturalResourcesandPrograms/NatureParks.aspx>

Suwannee County <http://suwcounty.org/county/index.php/14-sample-data-articles/123-parks>

Columbia County <https://www.columbiacountyfla.com/ParksandRecreation.asp>

Gilchrist County <https://gilchrist.fl.us/parks-and-recreation/>

Bradford County <https://www.bradfordcountyfl.gov/parks>

Baker County <https://www.bakerchamberfl.com/parks--swimming.html>

Hamilton County <http://www.hamiltoncounty.com/parks-recreation/>

Union County <https://www.cityoflakebutler.com/parksrec>

Dixie County <http://visitdixie.org/>

Did you know?: Myth or Fact

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

<https://www.mentalhealth.gov/basics/mental-health-myths-facts>

We hope you enjoyed this edition of our newsletter. We welcome and encourage feedback from our readers to make sure we continue to provide you with useful information centered around your needs. Please contact us with any questions, comments, or concerns at feedback@MBHCI.org, or call us at (352) 374-5600 extension 8183.

We also appreciate any suggestions for additional topics. Ideas can be submitted through the email and phone number above. Thank you for your input!