



## DECEMBER 2017

### The Final Weeks

As we head toward the end of the semester, we here at Chartwells want to remind you to take care of yourself.

Now is the time to eat right, stay hydrated and ask for help when you need it.

### Move More Eat Less

To help fight stress, get moving! Even a little exercise can boost your mood and help you sleep better.

The local Jazzercise program in White Rock and Espanola are offering FREE classes to girls ages 16-21.

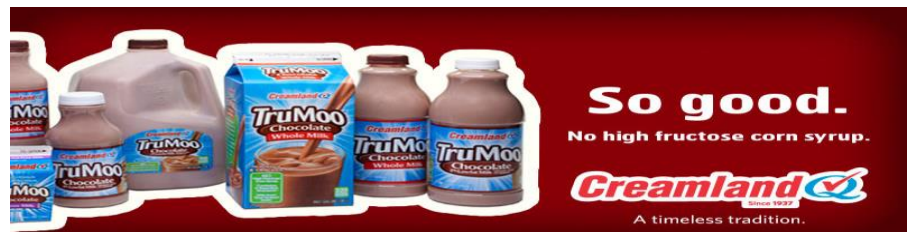
### Healthy Choices

Teens and Teachers should especially remember to start with breakfast. Time may be tight in the mornings, but your Chartwells Crew is here for you.

We can be your one stop shop for warm and toasty or grab and go breakfast ideas. Fuel your brain from the inside out with milk, juice or a bite to eat.



Chartwells thanks everyone that attended our Thanksgiving meal service. We served approximately 2,500 meals. A special thanks to LAPS District volunteers (Kurt, Lisa, Joe, Deb, Regina, Phyllis, Cindy and Leslie). A special thanks to Linda Dickson, mother of Chartwells' employee Charles Dickson. Thanks Linda!



### The Citrus Fizz

#### Ingredients:

1/3 cup Skim Milk      1 tsp fresh lime juice  
1 1/2 tbsp fresh lemon juice      1/2 tsp vanilla  
1 tbsp sugar      2 ice cubes      1 cup 7-Up  
1 tbsp orange flower water\* (optional)

#### Directions:

Combine milk, lemon juice, sugar, flower water (if desired), lime juice, vanilla and ice cubes in shaker. Cover, shake until well blended. Pour mixture into a chilled serving glass; add 7-up. Serve immediately. Makes one serving.

[www.creamland.com](http://www.creamland.com)