



BUENOS AIRES COMMUNITY CENTER

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Education reaches Buenos Aires



The Buenos Aires Community Center presents The Diabetes Education Awareness Prevention Program brought to us by Prairie View A & M University Webb County Cooperative Extension Program. The class is being presented by Ms. Crisanta Mussett. The class consists of six areas of awareness; Controlling

Diabetes through Nutrition, Understanding Diabetes, Get Up and Move, Medication Management, Monitoring your Body and Complications of Diabetes. The classes are being offered one every other week. The class not only consists of a presentation filled with lots of information but the participants are also treated to a home cooked healthy meal. Our objective is to educate the public as much as we can on eating healthy and exercising daily. These classes have been filled with a lot of useful information and we are happy to have been able to partner with Ms. Mussett and her agency. These classes have given us a great start for this New Year.

Our goal is to continue working together in bringing as much education to the center as possible. Knowledge is Power!

Buenos Aires proudly presents.....

The Buenos Aires Community Center proudly presents it's first official newsletter. As you may recall from last month's newsletter, each community center was going to bring to their readers an individual newsletter highlighting their many activities. Our hope is to be able to bring you to our center each month

through our newsletter. There are many stories that come out of each center that touch our lives in a special way. We want to share these stories with our readers each month. I hope you will continue to enjoy reading our monthly newsletter. We welcome your comments. Thank you!



Elizabeth Rodriguez
Editor

Inside this issue:

Education Reaches BACC	1
First Official Newsletter	1
Quote of the Month	2
Monthly Health Tip	2

Special points of interest:

- Education is Key
- Diabetes Awareness Classes come to Buenos Aires
- BACC Launches it's first newsletter.
- BACC Newsletter adds new healthy tips feature

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Quote for the Month:

Serving our Community everyday
in every way!



We're on the Web

www.webbcountytx.gov/buenosaires.html

Introducing: Tips for a better life. Will be featured on a monthly basis!

Health & Fitness make the difference



8 Essential Health Tips:

1. **Move More:** In today's world of hustle and bustle its rare when we take the time to stop for a moment and do something for us, this month make it a point to stop and exercise; you'll see a difference in the way you feel.
2. **Cut Fat:** As most working individuals know, the easiest thing at the end of the day to do is pick up burgers or pizza for a fast and quick dinner. If you don't have time to cook, you can still pick up things that are healthy for dinner, salads are a good option.
3. **Quit Smoking:** Smoking doesn't release stress, it will eventually add stress!
4. **Reduce Stress:** A great stress reliever is exercise, oh and worry less. If things are out of your control don't worry about it, only
5. **Wear Your Seatbelt:** I see so many parents with small children in their cars without a seatbelt. PLEASE BUCKLE UP TEXAS! It can save your life.
6. **Floss Your Teeth:** I have always known that cleanliness is next to Godliness. Teeth will last longer if you take care of them in the proper way.
7. **Avoid Excessive Drinking:** I have always heard that drinking one glass of red wine is healthy, you just have to stop at one.
8. **Keep a Positive Outlook:** Life is too short to worry about everything that comes our way. Thinking positive will bring positive things so make that your goal for the New Year.