

APRIL 2021



Stress Awareness Month



Employee EAP

Employees who feel anxious or need counseling during this time are encouraged to utilize our Employee Assistance Program for telehealth. For more information please visit riveroakshealth.org.

National Peach Cobbler Day
April 13th

- 12 fresh peaches
- 1 cup water
- 1 cup white sugar
- ½ teaspoon cinnamon
- 18.25 ounces white cake mix
- 8 ounces cream cheese
- ½ cup butter

Preheat oven to 350 degrees
Spread peach slices evenly into 9x13 in baking dish
Combine water and sugar in a small bowl, then pour mixture over peaches
Sprinkle cinnamon over peach slices, followed by dry cake mix. Top with cream cheese and butter.
Bake for 45 minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Declutter your home, Spring clean 		Utilize EAP's Telehealth option if you are anxious!		Nutrition Tip: Check your blood pressure regularly	World Autism Awareness Day 	
4	5	6	7	8	9	10
Easter 		Nutrition Tip: Consume less salt and sugar	World Health Day 		Nutrition Tip: Reduce intake of harmful fats	Take up yoga
11	12	13	14	15	16	17
World Parkinson's Day 		Take a walk to relieve stress 	Nutrition Tip: Don't smoke or quite smoking		National Clean Out Your Medicine Cabinet Day	World Hemophilia Day
18	19	20	21	22	23	24
	Schedule daily meditation times		Administrative Professional's Day!	Earth Day 		World Meningitis Day
25	26	27	28	29	30	
World Malaria Day 2021		Nutrition Tip: Be Active	World Day for Safety and Health at Work		Listening to music can help relieve stress 	